The
The Food Co-op's

Vegetarian Cookbook

Food for people, not for profit!

Open to the Public
No membership required

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Introduction

What does it mean to be vegan? Vegans do not consume any animal products. This includes meat, fish, dairy products, and egg products. This is not a vegan propaganda book, but there are plenty of good reasons for going vegan. There are also plenty of good reasons to add vegan recipes to your repertoire. For one, your vegan friends will love you. But its especially good for your body and the environment to eat lower on the food chain.

Becoming vegan is a very personal decision to make, and it's not for everyone. Being vegan is one response to some very serious ethical questions about today's food production system, but it's not the only one. There are many things we can do to minimize the negative effects of food production and to have healthy diets. People may choose to limit their meat consumption, eat free-range and organic meat, eggs or cheese, buy fairly traded products to support farmers around the world, or buy local produce to support our farmers in our community. Buying locally reduces the amount of energy we use for transportation while supporting our local economy and farming heritage.

There are farms in the Binghamton area that supply organic and free range meats, eggs, and cheese and organic produce. We also have several farmers' markets in the area during the growing season. Cornell Cooperative Extension is a great resource to find local farmer's markets, pick your own produce farms, locate Community Supported Agriculture (CSA's), farm stands, etc. Check out the following website for listings:

http://www.cce.cornell.edu/scnyag/localfoods/index.htm

Whatever you decide to do with your diet is your own personal decision. The reason we prepare only vegan, kosher food at the SUNY B Food Co-op is to allow everyone to be able to eat there. Eliminating animal products makes is simple for us to have a kosher kitchen. Whether you're omnivorous, vegetarian, vegan, Jewish, Muslim, or you just plain despise Sodhexo-Marriott's food, you can eat at the Food Co-op.

Vegan cooking is not as difficult as it seems. You just need to get down some basics, find some good recipes, and then keep cooking to improve your skills and start creating your own recipes.

Keeping it simple in the beginning is helpful, but don't be afraid to try new recipes. All the recipes in this book are fairly easy to make. You don't have to be a trained chef to make tasty food. Our kitchen volunteers would attest to this. Many volunteers start off with little cooking knowledge when they come to our kitchen, but they are able to follow these recipes without much guidance. I highly recommend that you get some experience in our kitchen if you have the chance. It's fun and you get fantastic discounts.

I'd just like to take this chance to thank everyone that has been involved with making the Food Co-op Kitchen a success: our coordinators, our volunteers, our patrons, and everyone else who has helped us along the way. I wish everyone the best of luck in keeping the Food Co-op strong in the years to come.

-Amelia LoDolce, April 2005

Although this list is far from complete, I would like to thank the following people and organizations (in no particular order) specifically for their hard work and dedication:

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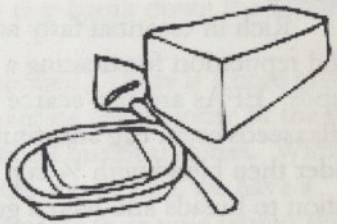
just plain gross. If you will use it regularly, buy a half-gallon rather than the small jars. It will save you a lot of money.

Margarine

Not all margarines are created equal. There are lots of brands of margarine out there. Most brands contain whey, so read your labels carefully. Two other things to be concerned about with your margarines: partially hydrogenated oils and genetically modified soybeans. Hydrogenation is the process of heating an oil and passing hydrogen bubbles through it. The fatty acids in the oil then acquire some of the hydrogen, which makes it denser. If you fully hydrogenate, you create a solid (a fat) out of the oil. But if you stop part way, you create a semi-solid *partially hydrogenated oil* that has a consistency like butter, only it's a lot cheaper. Unlike butter, hydrogenated oils contain high levels of *trans fats*. A trans fat is an otherwise normal fatty acid that has been "transmogrified", by high-heat processing of a free oil. The problem with trans fats is that they mimic and will take place of a natural substance that our body's need but interfere with our metabolic processes. Under a microscope, single molecules of hydrogenated and partially hydrogenated oils resemble molecules of plastic. These 'plasticized' oils are not assimilated by the body and will build up a toxic residue in the system over a period of time, raising cholesterol levels that trigger many harmful conditions, including heart disease.



There are soybeans genetically modified to be immune to the Round Up pesticide. This means that loads of chemicals can be applied to the soybean plant without harming it. Furthermore, genetically modified organisms are still new to us, and we haven't a full understanding of the health problems we may experience from them.

After this long account of margarine, the conclusion: Earth Balance is the best margarine out there. It contains no hydrogenated oils or GM soybeans, and it is phenomenally tasty. You can substitute it for butter in any recipe.

Mirin

Mirin is a low-alcohol, sweet, golden wine made from sweet rice. Essential to the Japanese cook, mirin adds sweetness and flavor to a variety of dishes, sauces and glazes. It's available in Asian markets and natural food stores.

Miso

Miso is a rich, salty condiment that characterizes the essence of Japanese cooking. The Japanese begin their day with a fortifying bowl of miso soup and use miso to flavor a variety of foods in other meals throughout the day. To make miso, soybeans and sometimes a grain such as rice, are combined with salt and a mold culture, and then aged in cedar vats for one to three years. Miso is available in natural food groceries and in Asian markets. Store miso in the refrigerator, where it will keep for several months. Miso is naturally high in protein.

Nutritional Yeast

Nutritional yeast is an excellent source of protein, dietary fiber, vitamins and minerals. It is rich in B12, which is extremely important for vegans, as B12 is rare in non-animal source foods. It is also extremely tasty. It has a mild cheese flavor to it and is good for sauces. Try sprinkling it over popcorn with some salt! You can find nutritional yeast in natural food stores.

Soymilk

Soymilk can be substituted in any recipe for milk. Use the fortified soymilk to make sure you get necessary nutrients, such as B12 and calcium. It is naturally protein rich.

Sugar

White sugar is processed through bone char filters to remove particles (such as minerals) that give sugar its brown color. I use unrefined sugar, or turbinado, in my recipes.

Tempeh

Tempeh is one of the most nutritionally dense foods. Tempeh is a fermented food made by the controlled fermentation of cooked soybeans with a Rhizopus mold (tempeh starter). The tempeh fermentation binds the soybeans into a compact white cake. It is one of the most easily digested forms of soy. It is often made with other grains, such as rice or barley, as well as soybeans agents, which are thought to increase the body's resistance to intestinal infections. Because it is so dense, a good sauce is key to a good tempeh dish.

Tofu

Preparing Tofu

Gently press excess water out of tofu by placing it between two plates with 2-3 pounds of weight on top of it. Leave tofu to press for 15 minutes. This allows the tofu to better absorb the flavor of your sauces and to get crispier when you panfry it.

Varieties of tofu

One can find a variety of styles of tofu in the grocery store. There are two types I use for the following recipes: silken and regular (water packed). Silken tofu crumbles easily and is ideal for making creamy desserts. The main brand of silken tofu is Mori-Nu. It comes in small, foil-lined packs that do not require refrigeration. However, it will not hold its form well for main dishes or salads. For these recipes I use regular tofu that you will find in plastic containers in the refrigerated section of a store. This tofu is packed in water. Once you open a container of regular or silken tofu, you can store unused tofu in fresh water in the refrigerator for 1-2 weeks as long as you change the water at least once a week. Water packed tofu comes in various textures: soft, regular, firm, and extra firm. We generally use extra firm tofu at the Food Co-op. It holds together the best. The soft water packed tofu is almost like silken tofu, so I reserve that for use in desserts or for making creamy sauces. The following are some brands that make water packed tofu: Whitewave, Soyboy, Ithaca soy, and Nasoya.

Breakfast Foods

FRENCH TOAST

1 cup soymilk
¼ cup flour
¼ cup nutritional yeast flakes
1 tsp sugar
1 tsp cinnamon
1 tsp vanilla
¼ tsp salt

Mix all the ingredients together in a medium bowl. Cut a loaf of bread into thick slices (½ - ¾ inch slices). Dip slices of bread into the mixture and coat well. Cook slices on an oiled (margarine or canola oil) skillet or griddle on medium heat or slightly lower heat. Cook each side for about 6-8 minutes. Shift the slices with a spatula to prevent sticking or burning. Serve hot with maple syrup or powdered sugar.

PANCAKES

1 ¼ cup flour
2 tbsp sugar
2 tsp baking powder
½ tsp salt
2 tbsp oil
1 ¼ cup soymilk
½ cup frozen or fresh fruit, chopped (optional)

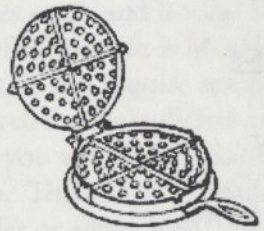
Mix dry ingredients well. Pour in wet ingredients and mix until just blended. Add fruit if using. Pour cakes onto oiled and heated skillet or griddle and flip them when tops bubble up. Cook approximately 2 minutes longer, until the bottoms of the pancakes are browned. Serve hot with maple syrup or fruit preserves.

TOFU SCRAMBLERS

1 lb firm or extra firm tofu, pressed and crumbled
3 tbsp olive oil
1 small onion, diced
2-3 cloves garlic, minced
1 bell pepper, any color, diced
½ tsp turmeric
3 tbsp nutritional yeast flakes
1 tbsp margarine (earth balance is the best for this!)
salt and pepper to taste

Sauté onion, garlic, and diced pepper in olive oil until tender. Add crumbled tofu. Cook 5 minutes longer, stirring frequently. Sprinkle turmeric, nutritional yeast, salt and pepper over the tofu mixture and stir well. Taste and adjust seasonings to your preference. Finally, add the margarine and continue cooking until the tofu is well cooked and firm.

WAFFLES



2 ½ cups flour
1 tsp vanilla extract
¼ cup sugar
4 tsp baking powder
½ cup margarine (melted)
2-3 cups water or soymilk

Mix dry ingredients well. Add 2 c of water or soymilk, adding more liquid if necessary. Mix well until smooth. It should be just slightly pourable but thick. Follow directions for your waffle iron.

BELGIAN WAFFLES

1 ¾ cup flour
2 tsp baking powder

½ tsp salt
1 tbsp sugar
Ener-G egg replacer equivalent of 3 eggs
2 tbsp margarine, melted
1 ½ cup soymilk

Combine dry ingredients and stir to mix. Add egg replacer, margarine, and soymilk. Mix until smooth, but do not over-mix. Follow directions for your waffle iron. Serve with fresh fruit.

Salads

As you'll notice with most of the salads, I recommend that you let them sit for a ½ hour before serving. This allows the flavors to fuse. But if you're hungry and don't want to wait, it will still be delicious.

ANGEL HAIR PASTA SALAD

8 oz package angel hair pasta
1/3 cup olive oil
1 tbsp vinegar (apple cider or brown rice)
3 tbsp soy sauce or tamari
2 tsp Dijon mustard
1 large clove garlic, finely minced or crushed
¼ cup fresh chopped parsley
1 shredded carrot
¼ cup walnuts, chopped

Cook pasta, drain and rinse with cold water. Set aside to cool completely (drizzle a small amount of olive oil over pasta and toss to prevent clumping). Whisk all the liquid ingredients together with the garlic. Place the cooked pasta in a large bowl and add walnuts, carrots, parsley, and dressing. Mix well and let sit ½ hour before serving. Taste and add a little extra tamari if necessary.

BABA GHANOUSH

1 large eggplant
2 cloves garlic
3 tbsp tahini
3 tbsp lemon juice
½ tsp salt

Preheat the oven to 350°F. Place the eggplant on a pan and prick it in several places with a fork. Bake the eggplant until it is soft and begins to collapse (about 45 minutes). Set aside to cool.

Chop up the garlic in a food processor. When the eggplant has cooled, remove the skin (and seeds if you prefer). Add this to the processor with the tahini, lemon, and salt. Process until smooth and serve with toasted pita, vegetables, or use on a sandwich.

BASMATI BEAN SALAD

This is another very simple dish. You can prepare the rice ahead of time and use it when you're ready.

2 cups basmati rice, cooked
3 cups cooked black beans, or 25 oz canned
3 cups cooked kidney beans, or 25 oz canned
2 cups tomatoes, chopped
1 bunch scallions, sliced
½ cup fresh cilantro, chopped
2 tbsp chili powder
2/3 cup apple cider vinegar
pepper, salt, and cayenne to taste

Cook rice while you prepare the remaining ingredients. Combine all the ingredients and mix well. Adjust the seasonings to your taste. Serve chilled or warm.

CYNTHIA'S SENSATIONAL SESAME NOODLES

1 ½ lb udon noodles, cooked and drained with cold water
sesame oil

Tahini Sauce:
2 cups tahini
¾ cup peanut butter
1 tbsp sugar
2 c water
2 tbsp vinegar (apple cider or rice wine)
3 tbsp tamari
2 tsp garlic powder
2 tsp onion powder
a pinch of cayenne

1 bunch scallions, thinly sliced on diagonal (reserve some as garnish)
¼ cup brown sesame seeds (reserve some as garnish)

Set noodles in a large bowl and toss with enough sesame oil to coat. Combine sauce ingredients in a bowl separate from noodles. Smooth out any lumps from the tahini and peanut butter. Test the sauce and adjust spices to your taste. Toss the sauce with the noodles, scallions, and sesame seeds. Place on a plate or bowl and garnish with remaining scallions and seeds.

EGGLESS EGG SALAD

1 ½ pounds firm tofu, pressed and cubed
2 stalks celery, chopped
½ medium onion, chopped
1 ½ tbsp mustard
½ cup soy mayonnaise
1 ½ tsp garlic powder
¼ tsp tumeric
salt to taste (about ½ tsp)

Combine all the ingredients in a large bowl. Spread on sandwiches or crackers.

**spectacular twist! Chop ½ an avocado and add to the egg salad for extra texture and a fantastic taste*

ENSALADA DE ARROZ CON LENTEJAS

(Lentil and Rice Salad)

2/3 cup lentils, boiled until tender and strained
2/3 cup long grain brown rice, cooked and cooled
3 medium tomatoes, chopped
½ cup cilantro, chopped
½ cup scallions, sliced
¼ cup apple cider vinegar
3 tbsp olive oil
2 tsp salt
pepper to taste

This is an easy recipe with very little work. Once you've cooked the rice and lentils, simply combine the all the above ingredients and mix well. If you want a little spice, add some cayenne or a finely minced hot pepper. Serve cold.

HUMMUS

Whether on a sandwich or as a dip, hummus is simple and nutritious, spice it as strong as you like and experiment with adding different ingredients, i.e. roasted red peppers, carrots, roasted garlic, sun dried tomatoes (just soak them in hot water for 15 minutes), dill etc.

2-3 cloves of garlic
1 large handful of parsley
3 cups cooked chickpeas, or 25 oz can
¾ cup tahini
1 medium lemon, juiced (or 2 small lemons)
1 tsp salt

black pepper to taste
cayenne pepper to taste
¼- ½ cup water

Combine the garlic and parsley in a food processor and chop. Next add the chickpeas and chop to a coarse pulp. Add the remaining ingredients (except the water) and process until consistent. Add enough water so that the hummus is smooth, but not runny.

JENNY'S KALEIDOSCOPIC SLAW OF LOVE

1 small head red cabbage (or ½ a medium head), thinly sliced
2 carrots, julienned
1 red pepper, julienned
1 green pepper, julienned
4-6 stalks scallions, sliced
½ cup raw sunflower seeds
1 cup soy mayonnaise
¼ cup vinegar
2 tsp sugar
salt and pepper to taste

Combine mayonnaise, sugar, vinegar, salt and pepper in a bowl and whisk well. Pour over vegetables in a large bowl. Taste and adjust seasonings to your liking. Let stand about an hour. Before serving, taste and adjust seasonings.

MACARONI SALAD

12 oz elbow pasta, cooked and drained
1 green or red bell pepper, diced
½ medium onion, finely chopped
or ½ bunch scallions, sliced
1 carrot, shredded
2 stalks celery, diced
1 tbsp mustard
1 tsp garlic powder

soy mayonnaise
salt and pepper to taste

Combine cooled macaroni with the vegetables in a bowl. Toss, then add garlic powder, mustard and enough soy mayonnaise to make the salad creamy. Season to taste with salt and pepper. Garnish with scallions and/or paprika. Chill and serve.

MEXICAN SALAD

1 lb tofu, gently pressed and cubed small
15oz can black beans, drained and rinsed
½ of 15oz jar salsa, spicy or medium
1 avocado, diced
4 stalks of scallions, sliced
1 cup brown rice, cooked
1 tsp cumin
1 tsp salt
½ cup olive oil
1 lemon, juiced

Cook and cool the rice. Combine with the remaining ingredients and mix well. Let stand in the refrigerator for a ½ hour. Serve cold.

PICKLED POTATO SALAD

3 cloves garlic
¼ cup capers
1 small can of sweet gherkins
1 tbsp Dijon mustard
fresh parsley, basil and mint
3 tbsp apple cider vinegar
½ cup olive oil
salt and pepper
3 handfuls of small potatoes, chopped

Boil potatoes until fork tender. Set aside to cool. Chop garlic, capers, pickles and herbs into small chunks. Add mustard and vinegar and mix. Add olive oil while stirring ingredients. Cover cooled potatoes with pickled salsa and toss. Allow to stand 30 minutes before serving.

POTATO SALAD

8- 10 potatoes, washed
1 green or red bell pepper, diced
½ medium onion, finely diced
or ½ bunch scallions, sliced
1 carrot, shredded
2 stalks celery, diced
1 tbsp mustard
2 tsp dill
1 tsp garlic powder
soy mayonnaise
salt and pepper to taste

Either boil potatoes whole, then chop, or chop potatoes into 1 inch cubes and boil until fork tender. Drain and then chill in the refrigerator while preparing the other vegetables. Once the potatoes have cooled, toss all the vegetables together in a bowl and add seasonings with enough soy mayonnaise to make the salad creamy. Garnish with scallions and/or paprika

QUINOA CRANBERRY NUT SALAD

1 cup quinoa, cooked with 2 cups water
1 cup dried cranberries
juice and zest of ½ lemon
2 tbsp sugar
1 tsp powdered ginger
1/8 cup soy sauce or tamari
2 tbsp olive oil
1/8 cup apple cider vinegar
½ cup cashews, raw or roasted (non-salted)

½ cup sunflower seeds, raw or roasted (non-salted)
½ cup scallions, sliced

Cook quinoa the same as you would rice. Combine quinoa and water in a pot, bring to a boil, reduce heat and cover. Simmer until water is absorbed, about ½ hour. Set aside and allow to cool.

Combine the first set of ingredients (cranberries through olive oil) in a saucepan and simmer until warmed through (about 5-7 minutes). Remove from heat and add toss with quinoa and remaining ingredients.

SHEPHERD'S SALAD

3 large tomatoes, diced
3 green chili peppers (or one bell pepper), diced
3 or 4 scallions, thinly sliced
1 cucumber, diced
1 handful finely chopped fresh flat leaf parsley or fresh mint
½ cup olive oil
juice of ½ lemon
1 tbsp vinegar
salt
3-4 radishes, sliced
8-10 black olives

Mix all vegetables and parsley/mint in a large bowl. Mix dressing ingredients and pour over mixture. Garnish with sliced radishes and olives.

SOUTHWESTERN BEAN SALAD

1 cup brown or white rice, cooked
2 cups fresh or frozen corn
1 ½ cup black beans
1 red pepper, diced
1 green pepper, diced

½ cup scallions, sliced
½ cup cilantro, chopped
2 tbsp olive oil
3 tbsp lime juice
salt and pepper to taste
3 tomatoes, diced small for garnish

Combine rice, corn, beans, scallions, and cilantro in a large bowl. Toss to mix. Add olive oil and lime juice and mix again. Season to taste with salt and pepper. Garnish with tomatoes and serve at once or refrigerate.

SPINACH WALNUT SALAD

You'll be surprised how much flavor this salad has with only 5 simple ingredients. It's extremely simply and palate pleasing.

Candied Walnuts:
2 cups walnuts
½ cup sugar
2 tsp water

2 ½ cups white basmati rice, cooked and cooled
1-2 fresh bunches of spinach
¼ cup toasted sesame oil

While the rice is cooking, candy the walnuts. Combine the sugar and water in a saucepan. Dissolve over medium heat. Add the walnuts and cook until sugar starts to caramelize, stirring often. Remove from heat and allow to cool.

Wash the spinach thoroughly and spin or pat dry. Coarsely chop the spinach and combine in a large bowl with the cooled rice and walnuts. Drizzle sesame oil over the salad, toss well, and serve.

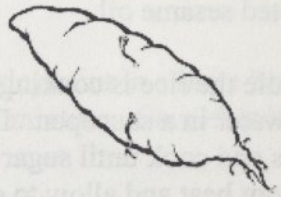
SPLIT TEMPEH SALAD

1 lb tempeh
2 tbsp sesame oil
2 tbsp soy sauce
1 tsp ginger powder
1 tsp garlic powder
3/4 cup split peas, cooked and drained (boil in water until tender, about 45 min)
a handful or two of fresh greens (kale, endive, sage, parsley, etc)

Dressing:
2 lemons, juiced
½ cup olive oil
salt and pepper

Chop tempeh into 1 inch cubes. Toss with sesame oil, soy sauce, garlic and ginger powder. Bake at 425°F, until slightly browned. Combine tempeh, dressing, and peas. Toss then add fresh greens. Toss with salt and pepper.

SWEET POTATO SALAD



6-8 yams, boiled until tender
3 stalks celery, chopped
1 bunch scallions, sliced
½ cup olive oil
2 tsp garlic powder
3 tbsp tamari

Allow yams to cool and then coarsely chop. Add remaining ingredients and mix with hands or large spoon, slightly mashing yams, but leaving the majority of chunks intact. Taste and adjust. Let stand ½ hour. Serve chilled.

TABOULI

3 ½ cups boiling water
2 cups bulgur
4-6 scallions, sliced
3 large tomatoes, diced
1 cup chopped parsley
1 tbsp fresh mint, chopped
1/3 cup lemon juice
1 ½ tsp salt
1/8 tsp cayenne pepper
2-4 cloves garlic, finely minced
¼ cup olive oil

In a medium bowl, pour the boiling water over bulgur. Cover and let sit 30-45 minutes. Drain excess water. Add vegetables, herbs, and seasoning. After you mix this well, allow the tabouli time to sit so that the flavors really mix.

TAHINI COUSCOUS SALAD

6 cups water
a pinch of salt
3 cups couscous
3 scallions
3 red radishes
1/2 cup cooked chickpeas
2 celery stalks, thinly sliced
2 tbsp parsley, chopped

Tahini Sauce:
1 cup tahini
2 tbsp umeboshi paste
1 small onion, minced
a dash of soy sauce, or tamari
2 tsp fresh ginger, grated
1 lemon, juiced
water

Bring water and salt to a boil. Add couscous and remove from heat. Cover and let stand for 10 minutes. Fluff with a fork and combine with vegetables and beans in a bowl. Place all the ingredients for the sauce in a blender and process until smooth adding water to thin the sauce. Pour the sauce over the couscous mixture and toss to combine.

TEMPEH MOCK CHICKEN SALAD

(Perhaps THE most popular salad at the Co-op)

1 lb tempeh
2 tbsp tamari or soy sauce
1 tbsp sesame oil
1 tsp garlic powder

¾ cup diced celery
½ cup onion, finely chopped
¾ cup soy mayonnaise
½ tbsp yellow mustard
1 heaping tbsp parsley, chopped

Cut the tempeh into cubes and mix well in a bowl with the tamari, oil, and garlic powder. Place on a cookie sheet or baking pan and bake for 15 minutes at 350°F, until slightly browned. Remove from oven and cool.

When the tempeh is cool, combine in a bowl with the remaining ingredients. Mix well, adjust seasonings to taste, and serve!

TRIPLE BEAN SALAD

15 oz kidney beans
15 oz black beans
15 oz northern beans or pinto beans
15 oz corn

1 small onion, diced
3 cloves garlic, minced
2 tbsp sesame oil
2 tbsp olive oil
¼ cup chopped parsley
¼ cup apple cider vinegar, plus more to taste
salt to taste
cayenne to taste

Combine all of the ingredients and stir well. Taste the salad and adjust seasonings to your liking. Chill before serving.

MOCK TUNA SALAD

5 cups cooked chickpeas, or 2-25 oz cans of chickpeas
¾ cup soy mayonnaise
½ cup celery, chopped
½ cup carrots, shredded
½ cup onion, finely diced
1 tsp onion powder
1 tsp garlic powder
salt to taste

Either mash chickpeas by hand with a potato masher or chop to a coarse pulp in a food processor. Combine in bowl with the vegetables, spices, and mayo. Chill and serve as a side or on a sandwich with tomato and lettuce (its also fantastic with slices of avocado).

WILD RICE SALAD WITH WALNUTS AND CRANBERRIES

This is a very pretty salad! Ideal for holiday gatherings.

1 ½ cup wild rice, cooked
1 ¼ cup dried cranberries
1 head endive, washed and chopped
¾ cup walnuts

1 red pepper, diced
4 scallions, sliced

Citrus Vinaigrette:
¼ cup fresh orange juice
½ tsp fresh grated orange zest
2 tbsp lemon juice
1 tsp Dijon mustard
salt and pepper to taste

In a large bowl, toss together the vegetables, cranberries, and nuts. In a separate bowl, whisk together the vinaigrette ingredients. Pour over salad and season to taste with salt and pepper. Toss well. Allow to stand for ½ hour and serve.

UDON AND CHICKPEA SALAD

8 oz package of udon noodles
2 ½ cups cooked chickpeas
½ cup celery, chopped
3 stalks of scallions, sliced
1 cup kale (or other dark green), chopped and lightly steamed
¼ cup toasted sesame oil
1 cucumber, seeded and chopped
1 garlic clove, minced
2 tsp umeboshi paste

Cook pasta and drain. Rinse with cold water and set aside. Whisk together umeboshi, sesame oil, and garlic. Add the chickpeas and vegetables with pasta. Top with umeboshi sauce, toss and serve.

Soups

BASIC SOUP STOCK

3 tbsp olive oil
1 large or 2 medium onions, diced
4 cloves garlic, minced
3 stalks celery, diced
3 large carrots, sliced into thin rounds
8 oz mushrooms (optional)
1 bay leaf

In large soup pot, sauté diced onions in olive oil. Once they are translucent, add garlic and cook a minute longer. Then add celery and carrot. Cook until veggies are slightly softened (approx. 6-8 minutes). Add water to fill the pot just under two thirds full. Bring stock to a boil and lower to medium heat. Either add your choice of ingredients or cook until veggies are tender and store until needed in refrigerator or freezer.

Be creative! But remember, less can be more. Start simple and enjoy the subtleties of the ingredients you add. From here you can add any kind of cooked beans or quick cooking beans (i.e. lentils, adzuki beans) and grains (i.e. rice, barley, wheat berries) and cook covered until beans and grains are tender. Then add any additional veggies (i.e. green beans, spinach, kale, squashes, potatoes). Then cook until veggies are tender. Remember to remove bay leaf. Season with spices and serve.
** TIP: consider the different amount of cooking time different vegetables require and add them to soup accordingly e.g. cook hard vegetables (i.e. potatoes and squashes) until tender them add green veggies and finish cooking.*

AUTUMN SOUP

2 large yams
4 medium carrots
1 large butternut squash,

1 tbsp yellow mustard
1 tbsp dill
1 c chopped
1 large onion, diced
4 cups water
4 cups soymilk
1/8 cup soy milk

Cube all vegetables and simmer in water until tender. Place all contents in food processor with soymilk and soy sauce. Blend until smooth. Add dill and mustard, heat through 10 minutes and serve.

CREAM OF BROCCOLI SOUP

1 pound broccoli
1 medium onion, diced
3 cloves of garlic, diced
2 cups vegetable broth or water
2 tbsp flour
1 package silken tofu
2 ½ cups soymilk
¼ tsp turmeric
2 tbsp soy sauce
salt and pepper to taste

Cut the broccoli into florets and slice about one-fourth off the top of each stem. Reserve 1 cup of florets.

Sauté onion and garlic until translucent in a soup pot. Add broth or water and broccoli soup pot. Bring to a boil, then reduce the heat to medium and cook until the vegetables are tender.

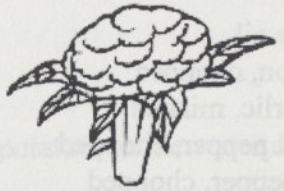
Pour the soup stock into a blender (you may have to do this in batches). Add silken tofu and flour. Process until smooth. Return the soup to the soup pot, and add the remaining ingredients and the florets. Cook over medium heat until the soup thickens and is heated through.

Season to taste with the salt and pepper and serve.

CAULIFLOWER CHEEZE SOUP

4 cups cauliflower and/or broccoli florets
1 large onion, diced
1 cup celery, diced
6 cups water

2 cups soymilk
½ cup whole wheat or white flour
½ cup pimiento pieces
½ cup raw cashew pieces
½ cup nutritional yeast flakes
¼ cup lemon juice
2 tbsp tahini
1 tbsp tamari
1 tbsp onion powder
2 tsp salt
1 tsp mustard powder
½ tsp turmeric



Place the cauliflower, onion, celery, and water in a large soup pot and bring to a boil. Lower the heat, cover, and simmer for about 10-15 minutes, or until the vegetables are tender.

Place 2 cups of the soup broth, including some of the cooked vegetables, in a blender with the remaining ingredients. Process until very smooth.

Pour the blended ingredients into the soup pot, and cook over medium heat, but do not boil. Stir almost constantly until smooth and slightly thickened (about 15-20 minutes). Serve hot.

CHICKPEA AND LEEK SOUP

3 tbsp olive oil
1 tbsp margarine
2 leeks, chopped (slice down center and pull back leaves to rinse out dirt)
3 cloves garlic, diced
1 potato, diced

15 oz chickpeas
4 cups veggie broth
salt and pepper

Sauté leeks and garlic in olive oil and margarine until tender. Add chickpeas, broth, and potato. Bring to a boil and simmer for 20 minutes until potatoes are tender. Season with salt and pepper.

VEGETARIAN CHILI

¼ cup olive oil
1 large onion, chopped
4 cloves garlic, minced
1 green bell pepper, chopped
1 red bell pepper, chopped
1 small hot pepper, jalapeño or habeñero (optional)
25 oz diced tomatoes
6 oz tomato paste
water as needed
5-6 cups of assorted beans (black, kidney, chickpea, etc)
1 cup corn
3 tbsp chili powder
1 tbsp cumin powder
salt and pepper to taste

Sauté onion in olive oil until translucent. Add chopped peppers and garlic and cook until tender. Stir in diced tomatoes and tomato paste with enough water to dissolve paste. Next, add beans, corn, and spices. Bring to a boil, then lower heat and simmer for about 30 minutes. Add salt and pepper to taste and serve.

CORN CHOWDER

Pronounced: chow-da

5 medium potatoes, chopped
3 cups water or vegetable broth
2 tbsp olive oil
1 medium onion, chopped
2 stalks celery, chopped
2 medium carrots, chopped
1 red bell pepper, chopped
1 tsp salt
1 tsp pepper
1 cup soy milk
2 ½ cups corn, frozen or canned

In a medium pot, boil the potatoes in the water or broth for 20 minutes.

While the potatoes are cooking, heat the oil in a medium frying pan over medium heat. Add the onion, celery, carrots, red bell pepper, salt, and pepper. Cook until just tender, about 5 to 7 minutes.

When the potatoes are soft, remove them from pot and reserve the stock. Blend the potatoes with the soymilk in a blender or food processor until smooth. Alternatively, combine potatoes and soymilk in a bowl and use a potato masher to cream them.

Return the potato mixture to the soup pot and stir in the corn, onion mixture, and enough of the reserves stock to achieve a creamy thick consistency. Heat thoroughly before serving.

CREAMY EGGPLANT AND CANNELLONI BEAN SOUP

3 tbsp olive oil
3 cloves garlic, chopped
1-2 chili peppers (according to your taste)
3 eggplants

4 cups veggie broth
15 oz can cannellini beans
fresh basil and parsley to taste
salt and pepper to taste

Place eggplants on a baking sheet. Poke skin all over with a fork or knife. Bake at 500°F for 30 minutes until eggplant is soft and begins to collapse. Remove from oven and let cool. Scoop out insides and set aside.

In a soup pot, sauté onions, garlic, and chili pepper in olive oil. Then add eggplant, beans, and broth. Bring to a boil then simmer 20 minutes. Puree ½ of soup and return to pot. Add freshly chopped basil and parsley. Season with salt and pepper.

GREG'S SPLIT PEA SOUP

We started making this soup upon request of a kitchen volunteer, and it quickly became one of our most popular soups. It's hearty, full of flavor and, best of all, SIMPLE!

2 ½ cups green split peas
1 large onion, diced
3 carrots, sliced into thin rounds
2 celery stalks, chopped
6 cups broth or water (½ and ½ works well)
salt and pepper to taste

Combine the water/broth, peas, and vegetables in a large soup pot and bring to a boil. Reduce the heat and simmer uncovered until the peas and vegetables are tender and the soup is thick, about 1 hour. Season to taste with salt and pepper.

**want some faux meat? sprinkle some fake bacon (you can find tempeh bacon in stores) into the soup and cook for a few minutes before serving*

GINGERED CARROT SOUP

8 medium carrots, peeled and cut into 1-inch chunks
1 large potato, peeled and cut into 1-inch chunks
1 medium onion, chopped
2 tbsp light brown sugar
2 tsp fresh ginger, peeled and minced
½ tsp salt
1/8 tsp black pepper
5 cups vegetable broth, or enough to cover vegetables
1 cup soymilk
¼ tsp grated lemon peel
½ bunch scallions, thinly sliced on a diagonal

In a large soup pot, combine broth carrots, potato, onion, sugar, ginger, salt and pepper. Bring to a boil. Reduce heat and cover. Simmer until vegetables are tender, about 1 hour.

In food processor or blender, process vegetables with a little hot soup stock until coarsely chopped. Return to pot. Stir in milk and lemon peel. Cook on medium heat for an additional 10 minutes. Serve with sliced scallions on top as garnish.

GRANDMA LODOLCE'S LENTIL SOUP

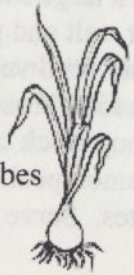
3 tbsp olive oil
1 large or 2 medium onions, diced
4 cloves garlic, minced
3 stalks celery, diced
3 large carrots, sliced into thin rounds
4 cups lentils (or less for a thinner soup)
1 tbsp dried basil
6 oz tomato paste
salt and pepper to taste
a dash of crushed red pepper flakes (optional)
1 bay leaf
3/4 cup orzo pasta
water

In large soup pot, sauté diced onions in olive oil. Once they are translucent, add garlic and cook a minute longer. Then add celery and carrot. Cook until veggies are slightly softened (approx. 6-8 minutes). Add bay leaf and water to fill the pot just under two thirds full. Check lentils for stones and combine with soup stock. Cook on high until soup comes to a boil. Lower heat to medium and cook 30-45 minutes covered or until veggies and lentils are tender. Remove bay leaf. Stir in tomato paste until dissolved and add remaining ingredients (spices and orzo). Cook 10 additional minute, until pasta is cooked.

MISO SOUP

This is a basic Miso Soup that is quick, simple, and soothing.

1 medium carrot, cut into matchsticks
4 cups of water
1 tbsp soy sauce or tamari
¼ cup miso
6 oz silken tofu (1/2 a box of Mori-Nu), cut into cubes
2 handfuls of chopped greens (spinach, kale, etc)
½ bunch scallions, sliced on a diagonal angle



Combine carrots and water in a medium pot. Bring to a boil and reduce heat. Cook carrots until tender. Stir in and dissolve miso and soy sauce. Add tofu and cook 2 minutes (do not boil). Now add your choice of greens and cook until wilted. Serve in bowls with a generous pinch of scallions.

*Variation: to create a more substantial miso soup, add a handful of thin rice noodles when you add your greens and cook until tender

MUSHROOM BARLEY STEW

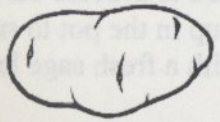
¼ cup olive oil
1 large onion, diced
4 cloves garlic, minced
4 stalks celery, diced
2 carrots, coarsely chopped
12 oz mushrooms, sliced
2 cups barley
water and/or broth
1 tsp thyme
1 bay leaf
1 package/bunch spinach
¼ cup parsley, chopped
salt and pepper to taste

Sauté the onion and garlic in the olive oil. Add celery and carrots. Cook until carrots are slightly tender. Add mushrooms, barley, thyme, bay leaf, and enough water/broth to submerge barley.

Bring to a boil, then simmer covered. Cook until barley is tender, about 1 hour. Add water/broth as needed. When barley is cooked, remove bay leaf and add spinach. Season with salt and pepper. Continue cooking until spinach is tender or thawed. Stir in parsley and serve.

POTATO LEEK SOUP

10 c white potatoes
2 cups soymilk
2 tsp + 1 ½ tsp salt
¼ cup oil
1 large leek
¼ cup flour
1 tbsp dill weed
½ tsp pepper
1 tbsp margarine



Boil chopped potatoes until soft in 6 c water and 2 tsp salt. Meanwhile, slice leek in half lengthwise. Wash dirt out from between leaves. Chop entire leek in slices down to a ¼ inch before the roots. Sauté leek in oil until tender and bright green. Turn heat down and add flour to make a paste. Stir constantly for about a minute and remove from heat.

Drain potatoes and save 4 cups of the water. Mash 2 cups of the potatoes. Combine all the potatoes in a pot with the saved water, remaining ingredients, and the leek/flour mixture. Cook over low heat 10-15 minutes, stirring frequently to prevent potatoes from sticking to the bottom of the pan.

POTATO TOMATO SOUP WITH SAGE

1 ½ pounds potatoes, coarsely chopped
10 garlic cloves, peeled
3 tbsp fresh sage leaves, stems removed
2 bay leaves
1 onion, chopped
1 tbsp salt
4 cups water
2 large tomatoes, chopped
2 tbsp olive oil
Fresh sage leaves for garnish

Combine the potatoes, garlic, herbs, onion, salt, and water in a large soup pot. Bring to a boil, then lower the heat and simmer until the potatoes are very tender, about 15-20 minutes.

Sauté the tomatoes in the olive oil in a skillet over high heat until the tomato juices thicken. Set aside. When the potato mixture is ready, puree together with the tomatoes in a blender or food processor. You may need to process the ingredients in two batches. Either reheat the soup in the pot to serve hot or chill to serve cool. Serve in bowls with a fresh sage leaf as garnish.

RED LENTIL SOUP WITH CURRY AND COCONUT MILK

3 + 1 tbsp olive oil
2 medium onions, chopped
4 cups water
1 cup red lentils, sorted for stones and rinsed
3 medium carrots, coarsely chopped
14 oz can coconut milk
1 tsp salt
1 bay leaf
3 cloves garlic, minced
1 inch piece fresh ginger, peeled and minced
1 tbsp curry powder, preferably hot
½ c chopped cilantro

In a medium saucepan, heat 3 tbsp olive oil over medium heat. Add onions and cook, stirring often, until onions start to brown. Add 4 cups of water, lentils, carrots, coconut milk, salt, and bay leaf. Cover and bring to a boil. Reduce heat and simmer, partially covered, until lentils are tender, about 20 minutes.

Meanwhile, in a small skillet, heat remaining 1 tbsp olive oil over medium heat. Add garlic, ginger, and curry powder. Cook, stirring often, until fragrant. Add to soup.

Remove the bay leaf from soup. In a food processor or blender, puree soup in batches until velvety smooth. Taste and add a bit more salt if desired. Stir in cilantro and serve hot.

GAMZE'S RED LENTIL SOUP

This Turkish soup is filling and flavorful. Once the vegetables are grated, it takes less than an hour to cook.

1 large onion, grated
1 large potato, grated
2 large carrots, grated

3 cups red lentils, washed and checked for stones
water
¼ cup corn oil, or other flavorless oil (i.e. canola, safflower)
6 oz tomato paste

Sauté the onion in oil until soft. Then add the potatoes and carrots. Continue to sauté until tender (8-10 min). Add washed lentils and enough water to submerge the lentils. Dilute tomato paste in warm water and add to lentils. Keep stirring soup until it comes to a boil, then reduce heat to keep it simmering. Add water as needed. Ideally, the soup should be quite thick. Remove from heat when the lentils are cooked. Add salt to taste.

RED LENTIL VEGETABLE SOUP

1 cup red lentils
6-7 cups vegetable broth and water combined
a 4" piece wakame or kombu
2 bay leaves
2-3 tsp olive oil
1 large onion, diced
2 stalks celery, diced
1 ½ cups chopped Chinese cabbage
1 small butternut squash, cubed
herb seasoning salt or regular salt, to taste
parsley, minced

Bring beans, water/broth, seaweed and bay leaf to a boil. Boil uncovered for 10 minutes, removing the foam which rises to the top. Sauté vegetables in the order given. Add to beans and simmer for 15 minutes. Add seasonings and simmer for 5-10 minutes more. Serve warm and garnish with parsley.

ROASTED RED PEPPER SOUP

4 medium red bell peppers
2 tbsp olive oil
2 cups chopped onion, or leek
2 cloves garlic, minced
¼ tsp red pepper flakes
2 tbsp tomato paste
1 medium potato, cut into small cubes
4 ½ cups vegetable broth, either plain broth or creamy tomato

To roast peppers: place peppers on a baking sheet and bake at 400°F until skin blackens (turn a couple times while baking). Place charred peppers in paper bag. Seal bag and place in bowl, and let sit 15-20 minutes. When peppers are cool enough to handle, remove charred skin, using a paring knife if necessary. Remove seeds and chop the roasted peppers. Set aside.

In a large pot, heat oil over medium heat. Add onions and ½ tsp salt. Cook, stirring often, until softened, about 8 minutes. Add garlic, pepper flakes, and tomato paste, and cook, stirring often, for 3 minutes. Add roasted peppers, potato cubes and broth. Cover, and bring to a boil. Reduce heat, and simmer, partially covered, until potato cubes are tender, about 15 minutes.

TAHINI MINESTRONE SOUP

3 tbsp olive oil
2 cloves garlic, minced
1 cup onion, diced
½ cup celery, diced
½ cup carrot, diced
1 tsp salt
1 tsp oregano
1 tsp Italian seasoning
8 oz vegetable broth
16 oz can diced tomatoes

16 oz can garbanzo beans, drained and rinsed
8 oz can kidney beans, drained and rinsed
tahini

Heat a 4-quart pot and add olive oil, onions, carrots, garlic and celery. Sauté for five minutes. Add salt oregano, and Italian seasoning. Cook two more minutes, stirring constantly.

Add vegetables stock, tomatoes, kidney beans, and garbanzo beans. Bring to a boil. Reduce to a simmer for twenty minutes.

Ladle into bowls and drizzle a spoon full of tahini into each.

THAI LEMONGRASS AND CHILE SOUP

Once the ingredients have been prepared, it only takes a few minutes to make this soup. It is fragrant and full of flavor. Local Asian stores should have the ingredients.

4 cups vegetable broth
2 large lemongrass stalks, peeled and cut into 4 inch pieces
(smash with blunt end of knife to bring out flavor)
3 dried Thai Kaffir lime leaves, optional
1 tbsp vegetable oil
2 tsp garlic, minced
1 tsp ginger, peeled and minced
2 tsp chili paste
1 ½ cups chopped oyster or white mushrooms
2 tbsp fresh lime juice
2 tbsp soy sauce or tamari
¾ cups finely chopped tomatoes
3 tbsp chopped fresh cilantro

In a medium saucepan, heat vegetable broth to a boil with lemongrass and lime leaves, if desired. Reduce to a simmer.

In a small skillet, heat oil over medium-high heat. Add garlic and ginger and cook about 30 seconds. When broth has simmered about 5 minutes, remove lemongrass and lime leaves. Add cooked garlic and ginger to the broth. Return broth to a boil and stir in chili paste and mushrooms. Cook until the mushrooms have wilted, about a minute. Then stir in lime juice and soy sauce.

Remove from heat and ladle soup into small bowls. Top each bowl with chopped tomatoes and cilantro and serve.

THREE SISTER'S SOUL SOUP

1 cup onion, diced
1 tbsp olive oil
1/2 cup celery
1/2 cup green onion, thinly sliced
1/2 cup red pepper, diced
1/2 cup zucchini, diced
3 cups acorn squash (or other winter squash), cut into cubes
1 1/2 cups red potatoes, cut into cubes
1 tbsp garlic, minced
1 1/2 t. ginger, minced
3/4 tsp salt
1/2 tsp dried basil
1/2 tsp dried oregano (preferably Mexican oregano)
1/4 tsp dried thyme
1/4 tsp ground pasilla chilies (or chili powder)
1/4 tsp freshly ground black pepper
3 cups water or vegetable stock
1/2 cup cut corn
2 tbsp freshly chopped parsley
2 tbsp cornstarch or arrowroot powder
1/3 cup cold water
1 cup cooked red beans (or other beans of choice)

In a medium pot, sauté the onion in the olive oil for 2 minutes. Add the celery, green onion, red pepper, and zucchini, and sauté an additional 5 minutes to soften the vegetables. Add the acorn squash, red potatoes, garlic, ginger, salt, basil, oregano, thyme, ground pasilla, and black pepper. Stir well to combine, and sauté the mixture an additional 3 minutes.

Add the water, corn, and parsley, and bring the mixture to a boil. Cover, reduce the heat to low, and simmer for 30 minutes or until the vegetables are soft.

Place the cornstarch or arrowroot powder in a small bowl and pour the cold water over the top. Stir until smooth. Add the cornstarch mixture to the simmering soup, stir well, and continue to cook the soup over low heat until thickened. Add the red beans and stir well to combine. Taste and adjust seasonings, as needed.

WILD RICE AND MUSHROOM SOUP

¼ cup olive oil
2 medium onions, chopped
4 garlic cloves, chopped
2 celery stalks, chopped
2 pounds white mushrooms, ½ chopped and ½ sliced
6 cups water or vegetable broth
1 ½ cups diced tomatoes with juice, fresh or canned
2/3 cup uncooked wild rice
1/3 cup uncooked brown rice
2 tsp dried thyme
2 bay leaves
½ cup fresh chopped parsley
Salt and pepper to taste

Heat the oil in a large soup pot over medium heat. Add the chopped vegetables and sauté until the vegetables are slightly browed, about 10 minutes. Add the water or broth, tomatoes, wild rice, brown rice, sliced mushrooms, thyme, and bay leaves. Bring to a boil, and then reduce heat and simmer, partially covered, until the rice is tender, about 1 hour. Remove the bay leaves. Add the parsley and plenty of salt and pepper. Taste and adjust seasonings. Serve hot.

Sides, etc

SIMPLY BROWN RICE

1 cup brown rice
2 1/4 cup water

Combine rice and water in a medium pot. Bring to a boil, lower heat and cover. Simmer for 35-40 min, until water is absorbed.

SPICY BUTTERNUT SQUASH

1 large butternut Squash (peeled or unpeeled)
1/3 cup chili powder
2 tbsp cumin
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
cayenne (to taste)
½ cup olive oil
¼ cup water

Slice squash into ¼ " slices. Combine all spices in a bowl. Place squash in a 9x13" pan and coat with olive oil and spices. Add water to pan. Cover with tinfoil and bake for 30 minutes at 350°F or until tender.

CANDIED SWEET POTATOES

½ cup brown sugar
1 tsp cinnamon
3 pounds sweet potatoes
2 tbsp margarine, cut up
1/2 cup chopped pecans or walnuts, optional

Preheat oven to 375°F.

Cook the sweet potatoes in boiling salted water for 20 minutes, or until barely tender.

Drain potatoes and rinse with cold water or let cool until potatoes are cool enough to handle. Peel and cut into 1-inch pieces. Place cubed sweet potatoes in an oiled baking dish. Dot with margarine then sprinkle with cinnamon and brown sugar. Bake until browned, about 30 minutes.

CAULIFLOWER "AU GRATIN"

2 heads cauliflower, chopped
1 ¼ cup soymilk
¾ cup water
3 tbsp raw cashew nuts
1 tsp salt
1/2 tsp pepper
1/8 tsp nutmeg
½ tsp garlic powder
1 tbsp nutritional yeast
3 tbsp olive oil
1/3 cup flour
¼ cup walnuts, chopped
paprika

Blend the soymilk, water, cashews, salt, pepper, nutmeg, garlic powder, and nutritional yeast together in a blender until smooth. Pour into a saucepan and gently heat, stirring often.

Meanwhile, heat the oil in a small saucepan. Add the flour to make a roux. Then whisk the heated soymilk mixture into the roux to make a light, creamy sauce. Pour the sauce over the cauliflower and stir.

Place the cauliflower and sauce mixture into a casserole pan and sprinkle the walnuts over top. Cover and bake at 350°F for 45 to 55 minutes (until cauliflower is tender). Sprinkle with paprika and serve.

HOT AND SOUR CHICKPEAS

3/4 lb chickpeas, soaked overnight
4 tbsp vegetable oil
2 medium onions, finely chopped
8 ounces tomatoes, peeled and finely chopped
1 tbsp ground coriander
1 tsp ground fenugreek
1 tsp ground cinnamon
1-2 jalapeños, seeded and finely chopped
About 1-inch piece fresh ginger, grated
4 tbsp lemon juice
1 tbsp chopped cilantro
Salt

Drain the chickpeas and place them in a large saucepan, cover with water and bring to a boil. Cover and simmer for 1 ¼ hour until tender, making sure the chickpeas do not boil dry. Drain, reserving the cooking liquid.

Heat the oil in a large skillet. Reserve about 2 tbsp of the chopped onion and fry the remainder of the onion and jalapeño over moderate heat for 4-5 minutes, stirring frequently, until tinged with brown. Add the tomatoes and continue cooking over moderately low heat for 5-6 minutes until soft. Stir frequently, mashing the tomatoes to a pulp. Stir in the coriander, cumin, fenugreek and cinnamon.

Cook for 30 seconds and then add the chickpeas and 1 ½ cup of the reserved cooking liquid. Season with salt, cover and simmer very gently until for about 15-20 minutes, stirring occasionally and adding more cooking liquid if needed. Meanwhile, mix the reserved onion with the chili, ginger, and lemon juice. Just before serving stir in the chili mixture and the cilantro into the chickpeas, and adjust seasoning to taste.

COCONUT CURRY GREEN BEANS

1 pound green beans, washed and stems removed
2 tbsp oil
1 small onion, diced
¼ cup yellow split peas, cooked
¼ cup urad dal (split black peas), cooked
¼ tsp cayenne
2 tsp cumin
1 tsp mustard powder
1 tbsp curry powder
¼ tsp black pepper
1 tsp salt
¼ cup shredded coconut
¼ cup sliced almonds (optional)

Briefly steam green beans. Set aside. Sauté onions in olive oil for one minute and then add spices. Cook an additional minute. Add green beans, cooked peas, and coconut. Cook 10 minutes and serve with almonds scattered on top of dish.

CURRIED LENTILS

2 cups dried green lentils
¼ cup margarine
2 tbsp curry powder
1 tbsp cumin powder
1 tsp cinnamon
a pinch of cardamom
1-2 cups soymilk*, enough for desired consistency
salt to taste
cayenne to taste

In a medium pot, cover lentils with water and set to boil. Once the water boils, reduce to medium-low heat and simmer until lentils are tender (about 45 minutes) adding water if needed. Drain the water from the lentils and return lentils to stove in pot with

remaining ingredients. Cook for another 10 minutes and serve with your choice of rice.

**variation: substitute soymilk with coconut milk- its fantastic!*

KATE'S SUPER DAL

1 cup split yellow peas
4 cups water
1/2 tsp crushed red pepper
1tsp cumin
1/2 tsp mustard powder

Simmer in a covered medium pot until it's done, about 45 minutes. Add more water if it gets too dry. Let simmer with the cover off for a little while if it's too wet.

In a saucepan, sauté :
1 medium onion, chopped
2-6 cloves chopped garlic
(you might also add some chopped jalepeño here)
1/2 tsp crushed red pepper
1 tsp cumin
1/2 tsp mustard powder
1 ½ tsp garam masala
1/4 tsp cinnamon
2 tsp salt

When the onions are cooked, stir this into the dal. Add a mess of chopped cilantro before serving.

MOROCCAN STUFFED PEPPERS

1 cup couscous
3 tbsp olive oil
4 medium bell peppers, any color, sliced in half and seeded
1 medium onion, chopped
3 cloves garlic, minced

½ cup raisins
2 tsp cumin
1 tsp cinnamon
15 oz can garbanzo beans, rinsed and drained
½ cup chopped fresh parsley
2 tbsp lemon juice
salt and pepper to taste
2 tbsp chopped fresh cilantro

In a medium bowl, combine couscous and 1 ¼ cups boiling water. Cover bowl and let stand 5 minutes. Fluff and set aside.

Meanwhile in a large skillet, heat oil and sauté onions until softened. Add garlic, raisins, cumin, and cinnamon. Cook for 2 minutes.

Transfer onion mixture to a large bowl with couscous, beans, parsley, lemon juice, and salt and pepper to taste. Mix well. Spoon mixture into peppers and line peppers in a baking dish, stuffing side up. Fill bottom of dish with a thin layer of water and cover dish with aluminum foil. Bake at 375°F for about 20 minutes, until peppers are tender. Garnish with cilantro and serve.

MIXED GREENS

Countless numbers of people have been asking for this recipe. I don't think I've ever seen people get so excited about vegetables. There are many versions of mixed greens that one can make, so explore. I will supply you with two versions.

ORIGINAL CO-OP VERSION

½ head collards, stem removed and chopped
½ head kale, stem removed and chopped

Sauce:
3 cloves garlic, peeled
1 ¼ cup tamari
3 tbsp sesame seeds

¼ cup apple cider vinegar
1 tbsp sugar
1 tbsp ginger powder

Combine all the sauce ingredients in a blender and blend until frothy. Store in a glass jar.

Fill a medium pot with a ½" of water. Cover and bring to a boil. Place collards in pot, cover, and cook one minute. Add kale, stir, and cook covered another minute, until kale and collards are just bright green. Do not over cook. Drain out water. Shake greens sauce to mix ingredients that may have settled. Pour about 3 tbsp of sauce over cooked greens, stir, and serve.

AMELIA'S HOME VERSION

3 cloves garlic, sliced (not minced)
2 tbsp olive oil
½ head collards, stem removed and chopped
½ head kale, stem removed and chopped
tamari (about 1 tbsp)
mirin or rice wine vinegar (about 1 tbsp)

Sauté garlic in olive oil in a frying pan for one minute. Add collards and cook until they slightly brighten in color. Now add kale and cook, stirring often, until both kale and collards are bright green. You can briefly cover them with a top to cook faster. Drizzle tamari and mirin/rice vinegar over greens, stir and serve.

MUSHROOM GRAVY

½ cup onions, sliced
2 cloves garlic, minced
one dozen mushrooms, sliced
2 tbsp olive oil
¼ cup flour
2 cups water, warm or heated
3 pinches of rosemary, crushed
tamari and pepper to taste

a pinch of red pepper flakes (optional)
2 tbsp miso

Sauté onions, garlic and mushrooms (in order) in oil until soft. Lower heat and add flour and let cook for 45 seconds stirring constantly. Add water and spices to flour mixture; stir and let simmer (stirring occasionally) until has a gravy like consistency. Add miso. Make sure it has dissolved, and serve.

CREAMY MASHED POTATOES

6-8 medium potatoes, chopped (do not have to be peeled)
margarine, soymilk
spices to taste

Cover potatoes with water in a pot and cook over medium heat until potatoes are very tender. Remove from heat. Drain potatoes. Mashing to satisfaction. Add margarine (approx. 3 tbsp or more) then soymilk (until creamy). Season with spices (recommended: garlic powder, salt, and pepper).

MUSHROOM RISOTTO

1 tbsp olive oil
2 tbsp margarine
3 cloves garlic, minced
½ onion, diced
a handful of assorted mushrooms
1 cup arborio rice, or other high starch rice appropriate for risotto
(if not available, toast regular rice in a dry pan before using)
2 cups veggie broth
salt and pepper

Sauté garlic and onion in heated olive oil and margarine until tender. Toss in mushrooms and cook for 1 minute. Add risotto, cook for a minute and start adding stock a little at a time. Risotto will soak up stock. Then add a little more, and repeat.

Season with salt and pepper. When grain is tender, stir a dollop of margarine and serve.

CRISPY POTATOES WITH TOMATOES

2 pounds potatoes, sliced
3 medium onions, sliced
4 cloves garlic, minced
28 oz diced tomatoes
¼ cup tomato paste
½ cup olive oil
2 tsp oregano
salt and pepper to taste

Preheat oven to 400°F. Combine all ingredients except potatoes and onion and mix well. Now add potatoes and onions, stir to coat. Place in a casserole dish or 9x13" inch pan. Cover with foil and bake 30 minutes. Remove foil and bake an additional 40 minutes, until potatoes are tender and crispy.

BAKED ROOT VEGGIES

This dish is versatile- make it to your liking. Consider using at least 5 or six different vegetables for variety and color.

Vegetable Ideas:

Yams
Potatoes (red, white, fingerling, blue potatoes, etc)
Beets
Onions or Leeks
Garlic, whole and peeled
Carrots
Parsnips
Parsley Root
Rutabagas
Turnips
Any other root vegetables

2 tbsp Rosemary
olive oil
salt and pepper to taste

Pick enough root veggies to fill a 9x13" pan. Cut root veggies into 1" cubes (consider cutting the harder veggies slightly smaller- i.e. beets, turnips, carrots- since they take longer than others to cook through). Place chopped vegetables in 9 x 13" pan. Coat them well with olive oil. Crush up rosemary in your hand and add along with salt and pepper. Bake at 400°F until the vegetables are all fork tender, about one hour. Be sure to stir them every 15 minutes or so to prevent sticking and burning.

SCALLOPED POTATOES

8-10 medium potatoes, sliced thin and evenly
1 bunch scallions, sliced
1/3 cup flour
salt and pepper
margarine
1 quart soymilk

Oil a 9 x 13" pan. Spread a layer of potato slices then sprinkle enough flour to lightly coat slices. Dot with about 6 slivers of margarine and sprinkle on scallions, salt, and pepper. Repeat layering. For the final layer, exclude the flour but use the margarine, scallions, salt, and pepper. Pour the soymilk over the potatoes slowly until it reaches but does not entirely cover the top layer. Cover with foil and bake at 350°F for 30 minutes. Uncover and bake an additional 30 minutes, until potatoes are tender. Garnish with fresh scallions.

SCALLOPED SWEET POTATOES WITH KALE

This dish was inspired by traditional scalloped potatoes, but it is very different in flavor.

½ head kale, stem removed, chopped and lightly steamed

8-10 medium sweet potatoes, sliced thinly and evenly
1 bunch scallions, sliced
garlic powder
onion powder
1/3 cup flour
salt and pepper
margarine
1 quart soymilk

Oil a 9 x 13" pan. Spread a layer of sweet potato slices then sprinkle enough flour to lightly coat slices. Dot with about 6 slivers of margarine. Sprinkle on scallions, spices, and kale. Repeat layering. For the final layer, exclude the flour but use the margarine, scallions, salt, and pepper. Pour the soymilk over the sweet potatoes slowly until it reaches but does not entirely cover the top layer. Cover with foil and bake at 350°F for 30 minutes. Uncover and bake an additional 30 minutes, until potatoes are tender. Garnish with fresh scallions.

SESAME ACORN SQUASH RINGS

1 acorn squash, seeds removed but not peeled, sliced into ¼" rings

Sesame Parsley Sauce
2 or 3 scallions, cut in thin diagonal slices
½ cup sesame tahini
½ cup water
2 to 3 tsp brown rice syrup or sugar
soy sauce
¼ c minced fresh parsley

Cook acorn squash in baking dish with a small amount of water (covered with foil) until tender at 350°F, about 10 minutes.

Prepare sauce in pot. Simmer scallions in water until bright green, about 3 minutes. Add tahini and rice syrup and season lightly with soy sauce. Simmer 4-5 minutes, stirring frequently, until the sauce thickens slightly. Remove from heat and stir in

parsley. Spoon sauce over acorn rings, garnish with fresh scallions and sesame seeds.

THANKSGIVING STUFFING (without the Turkey!)

2 loaves whole wheat bread (or 1 white, 1 wheat), cubed
large onion, sliced
5 - 10 cloves garlic, minced
1 head celery, sliced
1 pound mushrooms, sliced
¼ cup olive oil
1 tbsp dried sage
1 tbsp dried thyme
veggie broth (approx. 1- 1 ½ cups)
3/4 tsp salt, more or less to taste
black pepper

Preheat the oven to 350°F.

Place the diced bread on a baking sheet. Bake 10 to 12 minutes, or until dry and lightly browned. This can be done a day or two ahead of time.

Sauté all vegetables in olive oil in a large pan or pot, beginning with onion and adding the rest in order. Add herbs, salt, and pepper to taste to the cooking vegetables. Cook until veggies are tender but not limp and mushrooms have let go of their juice. Allow to cool slightly.

Mix cooked vegetables with bread cubes in a baking pan. Add enough broth to make it all quite moist but not soupy.

Bake covered about 20 minutes, uncover and bake 15 minutes more.

VEGETABLE BOWL

Any assortment of veggies:
Should include cabbage + another leafy green veggie
Carrot
Potato

Onion
Garlic

Heat veggies in olive oil and add the following spices:
2 tsp ginger powder
2 tsp turmeric
2 tsp garlic powder
salt and pepper

Stir in ¼ cup water. Cover and simmer for 20 minutes.

VEGETABLES WITH ROASTED GARLIC DRESSING

1 large leek
1 red bell pepper
1 green or yellow bell pepper
olive oil
2 cups chopped broccoli
2 cups chopped cauliflower
garlic dressing to taste

Preheat oven to 375°F.

First, clean the leek. Slice it into halves from the root to the tip. This will allow you to peel back the leaves and wash out any dirt. Then coarsely chop leek and peppers. Combine in a baking dish and drizzle with olive oil. Bake for 20 minutes, or until tender, stir once or twice.

Meanwhile, steam chopped cauliflower and broccoli separately until each are tender, but not mushy.

Combine all the cooked veggies and add garlic dressing to taste.

ROASTED GARLIC DRESSING

10 cloves garlic, roasted
1 cup extra virgin olive oil
1/3 cup water
1/3 cup balsamic vinegar
1 tbsp Dijon mustard
1 t salt

To roast garlic, peel cloves and either place on a pan or wrap in tinfoil with a little olive oil drizzled on top. Bake for 10-20 minutes at 350°F, until cloves are soft.

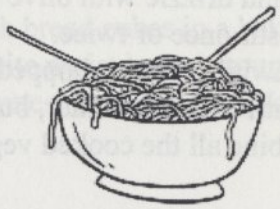
After garlic is roasted, simply combine garlic with remaining ingredients in a blender and blend until smooth.

Entrées

"ALFREDO" PASTA

I've found myself making this much more often than pasta with marinara sauce. It's just so much quicker and easier. Plus it's a great way to get your B12 in for the day!

8 oz pasta, cooked and drained
½ cup margarine
½ cup nutritional yeast flakes
2 tsp garlic powder
2 tsp onion powder
½ tsp turmeric
¾ tsp salt
2 ½ cups soymilk
pepper to taste
4 scallions, sliced
parsley, chopped for garnish



Melt margarine in a medium saucepot. Lower heat and stir in nutritional yeast and spices. Add milk, stir to dissolve, and

return to medium heat. Allow to gently boil and slightly thicken, about 5 minutes. Taste and adjust seasonings. Pour over cooked pasta and stir in scallions and parsley.

ARTICHOKE HEART PASTA SAUCE WITH BEANS

1 small onion, sliced
4 cloves garlic, minced
3 tbsp olive oil
8 plum tomatoes, diced
12 oz marinated artichoke hearts
15 oz cannelloni or great northern beans
a handful of fresh parsley, chopped
1 tbsp fresh basil, chopped
or 1 tsp dried basil
1 tbsp fresh oregano, chopped
or 1 tsp dried oregano
½ tsp salt, plus to taste
pepper to taste

Sauté onion and garlic in olive oil in a saucepot until translucent. Drain most of the liquid from the artichoke hearts (if you like it tangy, use all the liquid). Add the artichoke hearts and remaining ingredients to the saucepot. Cook for 10 minutes and serve over hot pasta.

BASIC MARINARA SAUCE

On pasta or in lasagna, there's no reason to use canned sauce. This recipe is fool proof and doesn't take much work.

1 large onion, diced
5 cloves garlic, minced
25 oz. diced tomatoes
25 oz. crushed tomatoes
1 tbsp dried basil (or ¼ cup chopped fresh basil)
1 tbsp dried parsley (or ¼ cup chopped fresh parsley)

½ tbsp dried oregano (or 1/8 cup chopped fresh oregano)
1 tsp salt
1 tsp sugar

Sauté onion and garlic in olive oil until translucent. Add tomatoes and spices. Bring to a boil, then lower heat and simmer for 1 hour. Stir occasionally. Serve over cooked pasta or in following recipes. This will store refrigerated for a couple weeks in a glass jar.

ROASTED RED PEPPER SAUCE

3 oz can of roasted red peppers
1 cup olive oil
1 tbsp minced garlic
1 tbsp salt
1 tbsp onion powder
1 tbsp dill

Blend all ingredients in a blender. Use with veggies, pasta, or in lasagna.

SPICY BLACK BEANS

1 cup dried black beans, soaked overnight
1 large onion, diced
5 cloves garlic, minced
1 green bell pepper, diced
4 plum tomatoes, diced
1 tbsp chili powder
½ tbsp cumin
cayenne to taste
1 tsp salt
2 tbsp apple cider vinegar
Freshly chopped cilantro (optional)

Drain and briefly rinse beans, cook until tender (approximately 45 minutes, or 20 minutes in pressure cooker). If cooking in a regular

pot, be sure to check water level as beans cook and water add as needed. Sauté onions, garlic and green pepper to until tender. Add tomatoes, cooked and drained beans, vinegar and spices. Cook for 30 minutes. Stir in cilantro and serve with rice.

BROCCOLI AND RICE CASSEROLE

1 punch fresh broccoli, cut into florets
2 cups white rice, cooked

½ cup margarine
½ cup unbleached all-purpose flour
1 ½ tsp garlic powder
1 tsp onion powder
1 tbsp soy sauce
3 ½ cups boiling water
pinch of turmeric
2 tsp salt
1 cup nutritional yeast flakes
salt and pepper to taste
pinch of paprika

Steam the broccoli, about 6 minutes. Spread the cooked rice evenly over the bottom of a 9x13" baking dish. Sprinkle the broccoli over the rice and set aside.

Preheat oven to 350°F.

Melt the margarine in a medium pan over low heat. Beat in the flour with a whisk over medium heat until the mixture is smooth and bubbly, then whisk in the boiling water, salt, soy sauce, garlic and onion powders, and turmeric. Cook the sauce until it thickens and bubbles, then whip in the yeast. Add salt and pepper to taste.

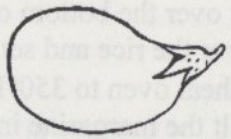
Pour the sauce over the broccoli and rice, sprinkle the top with paprika, and bake for 15 minutes. If desired, place pan under broiler for a few minutes until the sauce is browned and crusty.

CURRIED VEGETABLES WITH CHICKPEAS

1 medium onion, thinly sliced
5 cloves garlic, minced
2 carrots, cut into matchsticks
1 red bell pepper, thinly sliced
2 large potatoes, cubed into bite size pieces
2 cups chickpeas (already cooked or canned)
¼ cup margarine
2 tbsp curry powder
1 tbsp ground cumin
Dash red pepper flakes
Salt and pepper to taste
1 tsp cinnamon

Boil potatoes until just tender. Sauté onions and garlic until translucent. Add carrots, cover and cook until tender. Add bell pepper and cook until tender. Combine cooked potatoes, chickpeas, spices and margarine. Cook 15 minutes, stir well to mix spices. Check flavor and adjust to taste. Serve with brown rice and enjoy!

EGGPLANT PARMESAN



2 medium eggplants
tomato sauce
salt
parmazano cheese (see recipe that follows)

Slice eggplants into 1/8 inch slices. Layer in a colander and sprinkle layers with salt. Press with plate and heavy weight for 30 min. Rinse and pat dry.

Spread 1 cup sauce at the bottom of a 9x13" pan. Layer in eggplant with parmazano cheese and sauce. End with top layer of sauce. Cover with tinfoil and bake at 350°F for 1 hour or until tender. After baking, sprinkle on parmazano and serve.

PARMAZANO

1 c nutritional yeast flakes
½ c raw almonds, blanched
1 tsp salt + to taste

To blanch almonds, place them in a small pot with enough water to completely cover them. Bring to a boil and simmer for 1-2 minutes. Drain and allow to cool, or rinse under cold tap water for rapid cooling. Pinch skins between thumb and forefinger at the base of each almond to pop them out of their skins. Pat them dry.

Place blanched almonds in a food processor and process until well ground. Add nutritional yeast and salt and process until mixture is even in texture. Store in a tightly sealed container in the refrigerator.

FALAFEL

Yields 20 falafel balls

1 tsp basil, dried
¼ tsp black pepper
1 tsp cumin
1 tsp onion powder
1 tbsp salt
1 tsp turmeric
1 tsp baking powder
1 tsp vinegar
1/3 cup fresh chopped parsley
2 tbsp fresh garlic, minced
½ cup minced onion
1 tbsp lemon juice
¼ cup water
½ cup flour

4 cups cooked chickpeas, mashed

Mix the first set of ingredients. Add mashed chickpeas and stir well. Pat mixture into balls. Fry in an inch of oil for 2 minutes on each side, until browned.

KIDNEY BEANS

1 cup kidney beans, soaked and cooked
3 tbsp olive oil
1 medium onion, sliced
3 cloves garlic, minced
one chili pepper, minced (optional)
3 tbsp tomato paste
1 tbsp cumin
water
salt and pepper

Sauté onion, garlic, and chili in olive oil. Cook until tender. Add kidney beans, cumin, and tomato paste. Thin with enough water to dissolve tomato paste. Season with salt and pepper. Cook 20 minutes. Serve with brown rice.

LASAGNA

Have ready:
Marinara Sauce
Parmazano
9-12 lasagna noodles (enough for 3 layers of noodles)

Ricotta Filling:
1 1/2 pounds extra firm tofu, pressed
12 oz silken tofu
1 tsp garlic powder
1 tsp onion powder
¼ cup fresh lemon juice
¼ cup chopped parsley
2 tsp basil
¾ tsp salt, plus to taste

Combine the ingredients for the tofu ricotta filling. Mash together until well mixed with your hands or a fork. Add salt if needed. Set aside.

"Mozzarella" cheese sauce:
1 cup water
¼ cup fresh lemon juice
¼ cup nutritional yeast flakes
3 tbsp tahini
6 tbsp quick oats
2 tbsp cornstarch
2 tsp onion powder
½ tsp salt

Combine the ingredients for the mozzarella cheese sauce in a blender and blend until smooth. Set aside.

Cook lasagna noodles with a dash of olive oil in the water. Drain and rinse with cold water to prevent noodles from cooking further. To assemble lasagna, spread enough marinara sauce on bottom of 9x13" pan to coat. Layer noodles in to cover area of pan. Spread half of the tofu ricotta mixture over noodles. Drizzle on ½ cup mozzarella cheese sauce. Next, ladle on about 1 ½ cups of marinara sauce. Set on another layer of noodles. Spread on remaining tofu ricotta and another ½ cup mozzarella sauce. Top with remaining noodles and enough marinara sauce to cover. Cover with aluminum foil and bake at 350°F for 45 minutes. Uncover and sprinkle with parmazano and serve.

MACARONI AND CHEEZE CASSEROLE

3 ½ cups macaroni, cooked

½ cup margarine
½ cup flour
3 ½ cups hot water
1 ½ tsp salt
2 tbsp soy sauce
1 ½ tsp garlic powder

a pinch of turmeric
¼ cup canola oil
1 cup nutritional yeast flakes
paprika

Melt margarine in a medium saucepan over low heat. Beat in flour with a wire whisk over medium heat until smooth and bubbly. Whip in hot water and spices and beat until all ingredients are dissolved. Cook until sauce thickens. Then whip in oil and nutritional yeast flakes. Mix part of the sauce with the noodles and put in a casserole dish and pour a generous amount of sauce on top. Sprinkle top with paprika and bake for 15 minutes at 350°F.

MISO BAKED TOFU

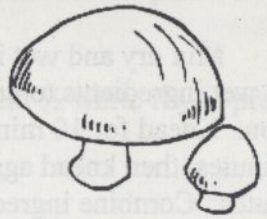
3 large carrots, chopped into 1 inch sections
1 small onion, coarsely chopped
½ tbsp sugar
1 tbsp tamari
½ cup white miso
¼ cup apple cider vinegar, or rice vinegar
½ cup water
½ cup canola oil
1 ½ pounds tofu, pressed and cut into ¼" slices

Pulse carrots and onion to a coarse pulp in a food processor. Add remaining ingredients and process until consistent but retains carrot texture. Spread a little sauce into the bottom of a 8x8"" pan, layer in the tofu with sauce between each layer. Top with sauce and bake at 400°F for 25 minutes. Serve with brown rice and vegetables.

MUSHROOM SEITAN STROGANOFF

¼ cup olive oil
1 medium onion, thinly sliced
4 cloves garlic, minced

8 oz mini portabellas, quartered
12 oz medium white mushrooms, quartered
½ seitan recipe from below, chopped
8 oz fettuccini
chopped parsley for garnish
paprika for garnish



Sauce:
12 oz tofutti sour supreme
3 tbsp lemon juice
2 tsp tarragon
3 tbsp tahini
salt and pepper to taste

Heat olive oil in medium size pot or large pan. Sauté onion and garlic until translucent. Add mushrooms and seitan. Cook until mushrooms soften. Meanwhile, cook and drain fettuccini. Combine sauce ingredients and mix well to eliminate any tahini lumps. Add sauce to mushroom mixture and cook an additional 5-10 minutes (stir often to prevent burning). Spoon mixture over hot noodles and garnish with parsley and/or paprika.

SEITAN

This is the quick version of seitan. Those that are brave and blessed with an abundance of time may choose to make it from scratch, but this recipe is equally as good.

Seitan:
2 cups gluten flour
1 tsp garlic powder
1 tsp ginger powder
1 ¼ cup vegetable broth
3 tbsp tamari
3 tsp sesame oil

Boiling Broth:
6 cups water
2 tsp garlic powder

Spread marinara sauce over dough with a spoon. Evenly spread spinach. Top with cooked onions, mushrooms, broccoli, drained artichoke hearts, and olives. Bake for 20 minutes until dough is golden.

QUINOA WALNUT LOAF

3 cup cooked quinoa (1c grain + 2c water- boil then reduce heat, cover and cook until water is absorbed)
3 tbsp olive oil
1 cup chopped onions
1 tbsp chopped garlic
1 ½ cup finely chopped carrots
1/3 cup miso
2 ¼ tsp dried thyme
½ cup chopped walnuts
¼ cup dried sunflower seeds
¼ cup whole wheat flour
¼ cup unbleached white flour

Preheat over to 350°F.

In a medium sized skillet, heat the oil and sauté the onions and garlic for 3-5 minutes, or until onions are translucent. Add the carrots and simmer for 3 minutes. Stir in miso and add the thyme. Remove from heat. In a blender or food processor, grind the walnuts and seeds to a medium pulp.

In a large bowl, combine the cooked quinoa, carrot mixture, ground walnuts and seeds, both flours and mix together well. Pat the mixture into an oiled 9-inch loaf pan and bake for 1 hour. Cool before slicing.

Tip: use a food processor to chop carrots and save time

SHEPHERD'S PIE

Filling:
1 medium onion, thinly sliced
3 cloves garlic, minced

1 cup peas
1 cup corn
15 oz northern beans
15 oz garbanzo beans
15 oz tomatoes diced
1 tbsp chili powder
dash cayenne
salt and pepper to taste

Sauté onions and garlic in olive oil until translucent. Add carrots and cook until tender. Combine remaining ingredients and cook an additional 10 minutes. Add a little water if necessary.

Potatoes:
3 lb potatoes
¼ cup margarine
1 tsp salt
1 tsp garlic powder
1 tsp pepper
soymilk
paprika

Chop potatoes into medium size cubes. Boil until tender. Mash with remaining ingredients and add soymilk until creamy.

Pour filling into a 9x13" pan. Top with mashed potatoes. Sprinkle with paprika. Bake for 20 minutes at 350°F, until top is crispy.

SLOPPY JOSEPHINES

1 lb tofu, frozen for at least 24 hours
1 large onion, diced
3 cloves garlic, minced
2 medium green peppers, diced
6 oz tomato paste
15 oz diced tomatoes
1 tsp salt
1 tbsp soy sauce

1 tbsp mustard
1 tbsp sugar
1/8 tsp cayenne pepper
2 tbsp chili powder
a few dashes of pepper

Boil or steam tofu until thawed. Cool and press all the water out of it.

Sauté onion, garlic, and pepper in oil. Crumble tofu and add remaining ingredients. Simmer together for 20 minutes. Stir often to prevent sticking, adding water if necessary. Serve on buns.

SPANIKOPITA

filo dough, well thawed *(follow directions on box for handling)*
melted margarine

Filling:
1 (10 oz.) packages frozen chopped spinach, thawed and squeezed dry
OR 1 lbs fresh spinach, cleaned, steamed, squeezed dry and chopped 1 and 1/2 lbs. medium-firm tofu, drained and crumbled
1 bunch green onions, chopped and steam-fried until soft
1/4 cup light miso
2 tbsp nutritional yeast flakes
2 tbsp dry dill weed (or 1/2 cup fresh, chopped)
1 tsp salt

Prepare the filling (you can do this a day or two ahead of time) by mixing the tofu, miso, salt and yeast together in a large bowl very well. Use your hands, a potato masher or a fork. Add the dill, the steam-fried green onions and the squeezed-dry cooked or frozen spinach and mix well.

Preheat the oven to 400°F.

Cut filo in half long ways and cover with a damp paper towel. Layer 4 sheets of filo dough in a 9x13" pan, brushing each sheet with margarine. Spread half of the cheeze mixture. Add another layer of 4 oiled sheets of dough, then the remaining cheese

mixture, finishing with a final layer of 4 more oiled sheets. Bake for 20 minutes at 400°F.

SPINACH SQUASH PIE

2 medium acorn squash, cut in half
2 tsp cinnamon
½ cup brown sugar
3- 10 oz packages frozen spinach, thawed
or equivalent in fresh spinach
3 tbsp olive oil
1 medium onion, sliced
5 cloves garlic, minced
1 tsp nutmeg
salt and pepper to taste
filo dough, well thawed (follow directions on box for handling)
margarine as needed

Bake acorn squash in a covered pan with 1" water at 350°F for 40 minutes or until tender. Allow squash to cool. Scoop out of shell and mash with brown sugar and cinnamon.

Sauté onion in olive oil until translucent. Add garlic and cook another minute. Add spinach and nutmeg, cook another 5 minutes (or until spinach cooks down if using fresh spinach) and season with salt and pepper to taste.

Oil the bottom of a 9x13" pan with melted margarine, using a pastry brush. Layer in four pieces of filo dough brushing each piece with margarine. Spread in the entire spinach mixture. Layer another four sheets of filo dough, again brushing each piece with margarine. Now spread in the entire acorn squash mixture and finish with another four sheets of filo. Bake at 400°F for about 25 minutes or until the top is golden. Slice and serve.

SPINACH CALZONES

Dough:
1 ½ tsp active dry yeast
1 tsp sweetener of your choice
1 cup lukewarm water
¾ tsp salt
1 ½ cup white flour
1-1 ½ cup whole wheat flour
additional flour, as necessary, for kneading

Place the yeast, sweetener, and water in a large bowl, and let rest until foamy, about 5 minutes.

Stir in the salt and flours. Turn out on a floured board, and knead until smooth and elastic, 5-10 minutes. Place in an oiled bowl, turning dough to coat. Drape the bowl with a damp towel, and let the dough rise in a warm place (i.e. inside gas stove lit only by pilot or electric oven which has been heated to 150°F and then shut off) until doubled, about 1 hour.

Meanwhile, prepare the spinach/ricotta filling.

Filling:
1 lb fresh spinach, cooked, drained and chopped
or
1 (10 oz) pkg. frozen chopped spinach, thawed and drained (press out as much liquid as possible)
¼ cup water
1 tbsp balsamic vinegar or fresh lemon juice
½ cup onion, chopped
2 cloves garlic, pressed
1 lb firm regular tofu, pressed and mashed
3 tbsp fresh lemon juice
2 tsp dried basil
1 tsp onion powder
½ tsp garlic powder
pinch of ground nutmeg
black pepper to taste

Have ready:
½ c parmazano (see above recipe)

Heat the water and vinegar or lemon juice in a small skillet, and cook the onion and garlic until tender, about 10 minutes. Place in a bowl and stir in the remaining ingredients, including the spinach and paramazano. Mix thoroughly. Set aside.

Preheat oven to 400°F.

After dough has doubled, punch down the dough and divide into six equal balls. Roll out each ball on a floured board into a 6-inch round. Fill with a heaping ½ cup filling, placing the filling on one half of the round only, and leaving a ½-inch rim. Lightly moisten the rim with water, and fold the empty side of the dough over the filled side. Flute the edges or dip a fork in flour and crimp the edges to seal, then prick the dough in several places on the top. Place on a lightly oiled or non-stick baking sheet, and bake for 25-30 minutes, until golden brown.

STUFFED SHELLS

Ricotta Filling:
1 pound extra firm tofu, pressed
12 oz silken tofu
1 tsp garlic powder
1 tsp onion powder
2 tbsp cup fresh lemon juice
¼ cup chopped parsley
2 tsp basil
¾ tsp salt, plus to taste
¼ cup soy mayonnaise
26 large dried pasta shells (from 8 oz pkg.)
2 cups prepared marinara sauce

Preheat oven to 450°F. Lightly oil a 13 x 9" baking dish. Bring large pot of lightly salted water to boil for pasta. Add pasta shells to boiling water; stir in olive oil to prevent sticking.

Cook until pasta is just tender but not soft, 8 to 10 minutes. Drain well.

Meanwhile, in a large bowl, combine all the ricotta filling ingredients and mash together with your hands. Taste and adjust seasonings to your liking.

Using a small spoon, fill each shell with ricotta mixture; do not overfill. Arrange stuffed shells, seam side up, in a 9x13" baking dish with a small amount of marinara sauce lining the bottom. Spoon marinara sauce on top, cover with foil and bake until hot, about 20 minutes. Serve immediately.

TAMARI BAKED TOFU

2 lbs extra firm tofu, pressed

Marinade:
1 tbsp ginger, freshly grated
1 tbsp garlic, minced
1 tbsp onion powder
¼ cup toasted sesame oil
¼ cup olive oil
1/3 cup tamari
3/4 cup water
½ tsp anise seed

Cut tofu into ¼ inch slices (12 per block). Combine marinade ingredients in a bowl and whisk together. Layer tofu slices in a 9x13" pan. Pour sauce over tofu and let marinate for 45 minutes. Pour sauce out of pan and bake the tofu at 350°F for 15-20 minutes, until tofu is browned. You can save the sauce for other batches of tofu.

BAKED TOFU AND PEPPERS WITH PEANUT SAUCE

1 pound extra firm tofu, pressed and cut into 1" chunks
1 green bell pepper, chopped into 1" chunks

1 red bell pepper, chopped into 1" chunks
4 scallions, sliced
¼ cup peanuts, chopped

Marinade sauce:
2 tbsp soy sauce or tamari
2 tsp sugar, or other sweetener
¼ cup toasted sesame oil
2 tsp grated fresh ginger
4 cloves garlic, minced
1 cup water

Peanut Sauce:
2 tsp toasted sesame oil
1 tbsp grated onion
1 clove garlic, minced
2 tsp chili powder
2 tbsp soy sauce or tamari
1 cup unsweetened peanut butter
1 tbsp sugar, or other sweetener
juice of 1 lemon
water

Combine ingredients for marinade in a small pot. Bring to a boil, whisking. Reduce heat and simmer 10 minutes. Place tofu in a 9x13" pan and cover with marinade. Set for at least one hour. Drain excess liquid. Add chopped peppers with tofu and bake at 375°F for 15 minutes, or until peppers are tender and tofu is browned.

For the peanut sauce, sauté onion, garlic, and chili powder in the sesame oil for 3 minutes. Add peanut butter, soy sauce, and sugar. Stir well and cook another 5 minutes. Remove from heat and add lemon juice and enough water to thin. Pour over tofu and peppers. Stir to mix. Garnish with chopped peanuts and sliced scallions. Serve with rice or rice noodles.

TORTILLA CASSEROLE

1 bag tortilla chips
1 batch pimento cheese sauce (see recipe that follows)
15 oz can refried beans, or homemade refried beans (as follows)
15 oz jar of salsa
1 ripe avocado
Tofutti Sour Supreme

Layer chips, beans, salsa, and cheese sauce in a 9x13" pan. Bake at 325°F until all layers are warm, about 15 minutes.

Top with Sour Supreme and slices of avocado.

PIMENTO CHEESE SAUCE

1 cup water
¾ cup raw cashews
2 tbsp lemon juice
2 tbsp sesame seeds
½ tsp garlic powder
½ tsp onion powder
½ cup nutritional yeast
¼ cup pimento
½ salt

Mix ingredients in a blender and blend until smooth. Serve with chips or as a topping. Store in refrigerator.

REFRIED BEANS

25 oz beans (pinto, black, kidney, etc)
3 tbsp olive oil
1 medium onion, diced
1 green bell pepper, diced
4 cloves garlic, minced
1 chili pepper, minced (optional)
water

3 tbsp apple cider vinegar
1 tbsp cumin
salt and pepper to taste

Sauté onion, peppers and garlic in olive oil until tender. Add beans and ½ cup water. Stir and mash up the beans as it cooks. Add cumin, vinegar, salt, and pepper. Continue to add water as needed until you have a thick, chunky mixture. Taste and add more vinegar or spices to your taste. Use on burritos or in tortilla casserole.

Desserts

Cakes, etc

APPLE COBBLER

3-4 Granny Smith apples
1 tsp ground cinnamon
½ tsp grated nutmeg
½ tsp ground cloves
½ tsp ground allspice
½ cup margarine
1 cup plus 1 tsp sugar
1 cup unbleached all-purpose flour

Preheat oven to 350 °F.

Grease a 9-inch pie pan. Thinly slice the apples into the pan. Sprinkle the spices and 1 tsp of sugar over the apples.

Melt the margarine in a medium saucepan over medium heat. Add the flour and the remaining sugar. Cover the apples with the flour mixture.

Bake the cobbler for 20-30 minutes, or until the crust is lightly browned.

BAKLAVA

1 filo dough, well thawed *(follow directions on box for handling)*
1 lb margarine
1 lb walnuts (ground)
1/4 lb almonds (ground)
3 1/2 cup sugar
1 stick cinnamon
1 tsp to 1 tbsp cinnamon (ground)
3-4 whole cloves
1/4 to 1 tsp ground cloves
1 cup water

Melt the margarine in a saucepan and set aside.

Mix the walnuts, almonds, ½ cup sugar and ground spices together. Grease a 9x13" pan. Layer in six sheets of filo, buttering each with a pastry brush. Now alternate layering small handfuls of nuts with three sheets of filo (buttering each, you can get away with buttering every other sheet, but not more) until all of the mixture and pastry sheets are used (remember to butter the top layer as well).

Cut into diamond shape pieces (carefully, with a sharp, non-serrated knife), and bake at 350°F for approximately an hour and fifteen minutes, or until golden brown.

While this is baking, in a heavy saucepan, heat 1 cup water, the remaining 3 cups of sugar, and the whole spices. Bring this to a boil over low to medium heat, and then turn down and cook for approximately 15 min. When the baklava in the oven is done, pour the sauce over the top and let it set for a few minutes. Eat hot or cold.

UPSIDE DOWN BANANA-ESPRESSO COFFEE CAKE

For the Caramel
4 tbsp margarine
¾ cup brown sugar
1 basket of raspberries

In the bottom of a 9" spring form or deep cake pan, spread the margarine and brown sugar evenly. Distribute the raspberries over the surface of the brown sugar.

For the Coffee Cake
¾ cup softened margarine
1 ½ cup sugar
Ener-G egg replacer equivalent of 3 eggs
1 shot espresso
4 mashed ripe bananas
1 tsp vanilla extract
3 cups flour
1 ½ tsp baking soda
1 tsp baking powder
1 tsp salt

Cream margarine and sugar together. Add egg replacer, beating till smooth. Blend in mashed bananas, vanilla and espresso. In a second bowl, stir flour with baking soda, baking powder and salt. Add to banana mixture, stirring only to moisten. Turn the batter into the caramel coated pan and spread it evenly. Cook at 350°F for about 35-45 minutes, or until a tester inserted in the center comes out clean. Let the cake rest for about 1 minute, and invert it onto a serving platter. Dust with sweetened cocoa powder, cinnamon, or powdered sugar.

BLUEBERRY BUCKLE

Blueberry cake:
¼ cup margarine
¾ cup sugar
Ener-G egg replacer equivalent of 1 egg
2 cups flour
2 tsp baking powder
½ tsp salt
½ cup soymilk

2 cups blueberries

Topping:
½ cup sugar
1/3 cup flour
¼ cup margarine
½ tsp cinnamon

Oil a 9" square pan and preheat oven to 375°F.

Mix together margarine, sugar, egg replacer, flour, baking powder, and salt. Stir in milk until just mixed. Fold in blueberries. Place in prepared pan. Blend topping ingredients until it forms crumbles and sprinkle on top of blueberry cake mixture. Bake for 30-35 minutes, until tester comes out clean.

CARROT CAKE

This is perhaps the most popular dessert at the Co-op. Everyone is always asking for the recipe, so here it is!

1 cup salad oil
1 cup white sugar + 1 cup brown sugar or 2 cups brown sugar
1 ½ cups water or soymilk
2 tsp baking soda
2 tsp baking powder
4 cups unbleached white flour
1 tsp salt
1 ½ tsp cinnamon
½ tsp allspice
3 cups grated raw carrots
optional: 1 cup chopped nuts and/or ½ cup raisins

Preheat oven to 350°F.

Blend oil and sugar, add water and beat. Sift the flour with remaining ingredients and add to sugar mixture. Add carrots and nuts/raisins and mix well. Bake in 2 oiled and floured layer pans

or one 9 x 13" cake pan at 350°F for 35-40 minutes. (Baking time may be less if using small round pans).

CHEESECAKE

1 cup water
2 ½ tbsp agar agar
2 pounds extra firm tofu
8 oz tofutti cream cheese
2/3 cup maple syrup
3 tbsp lemon juice
2 tsp vanilla
¼ tsp salt

Mix agar agar and water in a small pan. Set aside for 5-10 minutes. Prepare and press a graham cracker crust into a large spring form pan. Press water out of tofu with your hands. In a food processor, process tofu until smooth. Heat agar agar and water over medium-low heat until bubbling. Cook an additional 5 minutes. Add remaining ingredients to food processor and blend. When agar mixture is cooked, pour into food processor and blend for 5 minutes. Scrape into prepared pan and allow to set for 4 hours before serving. Serve with fruit as a topping.

CHOCOLATE CHEEZECAKE

3 tbsp agar agar
1 ¼ cup water
2 pounds extra firm tofu
8 oz tofutti cream cheese
2/3 cup maple syrup
3 tbsp lemon juice
1 ½ cups chocolate chips, melted
2 tbsp cocoa powder

Mix agar agar and water in a small pan. Set aside for 5-10 minutes. Prepare and press a graham cracker crust into a large

spring form pan. Press water out of tofu with your hands. In a food processor, process tofu until smooth. Heat agar agar and water over medium-low heat until bubbling. Cook an additional 5 minutes. Add remaining ingredients to food processor and blend. When agar mixture is cooked, pour into food processor and blend for 5 minutes. Scrape into prepared pan and allow to set for 4 hours before serving.

PUMPKIN CHEEZECAKE

2 pounds firm tofu, pressed
1 ½ tubs tofutti cream cheese (12 oz)
2/3 cup maple syrup
1 ½ cup pumpkin puree
2 ½ tbsp agar agar
1 cup water
1 tbsp vanilla

Mix agar agar and water in a small pan. Set aside for 5-10 minutes. Prepare and press a graham cracker crust into a large spring form pan. Press water out of tofu with your hands. In a food processor, process tofu until smooth. Heat agar agar, water, and pumpkin puree over medium-low heat until bubbling. Cook an additional 5-10 minutes, until agar agar is dissolved. Add remaining ingredients to food processor and blend. When agar mixture is cooked, pour into food processor and blend for 5 minutes. Scrape into prepared pan and allow to set for at least 4 hours before serving.

CHOCOLATE TORTE

Filling:
2 boxes silken tofu
2 cups non-dairy chocolate chips
1 tbsp vanilla extract
1 tsp almond extract

Crust:
¾ cup almonds
½ cup oats or walnuts
¼ cup margarine, softened
½ cup maple syrup

Roast almonds on a cookie sheet in the oven at 350°F until oil develops on almonds (approx. 8 minutes). Combine almonds and oats or walnuts in a food processor. Add softened margarine and maple syrup; process until even. Press into a small spring form pan. Set aside.

In cleaned food processor, blend tofu with flavor extracts. In a double boiler, melt chocolate chips. Combine chocolate chips with tofu and process until even. Scoop onto top of nut crust and smooth the top. Refrigerate for 2 hours until cool and firm.

Serve with fresh fruit or thinned fruit preserves over individual slices.

LEMON POPPYSEED CAKE

2-4 lemons
1 ¼ cup nondairy creamer or soymilk
2 2/3 cups flour
2 tbsp poppy seeds
1 tbsp baking soda
¾ tsp salt
¾ cup margarine, softened to room temperature
2 cups sugar
Ener-G egg replacer equivalent of 3 eggs
½ tsp vanilla

Preheat oven to 325 °F. Lightly oil a 10" spring form pan or 9x13" baking pan.
Grate 4 tsp of lemon rind and squeeze ¼ c fresh lemon juice. Combine the lemon juice and nondairy creamer or milk and

set aside. Combine the flour, poppy seeds, baking soda, and salt. Set aside.

Cream margarine, sugar, and lemon rind together. Beat in the egg replacer and the vanilla. Mix a third of the flour mixture and one third of the lemon milk mixture alternately into the margarine mixture. Beat until smooth.

Pour the batter into prepared pan and bake 30- 50 minutes (will vary depending on shape of pan), or until cake tester comes out clean. Completely cool before frosting.

MOCHA CAKE

4 cups white flour
½ tsp salt
2 tbsp baking powder
2/3 cup canola oil
1 1/3 cup maple syrup
½ cup soymilk
1 ½ cup apple juice
1 tbsp vanilla extract
½ cup finely ground coffee

Mix dry ingredients together in a bowl. Add wet ingredients and stir until well combined. Pour into a 12" oiled spring form pan. Bake at 325 °F for 50 minutes, until a tester comes out clean. Allow to completely cool before frosting with mocha frosting.

WHITE CAKE

3 cups flour
1 tbsp baking powder
¾ tsp salt
½ cup margarine
1 1/3 cup sugar
2 cups soymilk
1 tbsp vanilla

Cream margarine and sugar. Mix dry ingredients in alternately with soymilk into creamed mixture and beat 2 minutes. Pour into a 9x13" oiled pan and bake at 350°F for 30 minutes or bake in a large oiled spring form pan at 325°F for 50 minutes. Check with a cake tester to ensure that the cake is cooked through the center. Cool on a rack and frost with your choice of frosting

SPICY WHITE CAKE WITH MAPLE SYRUP GLAZE

A variation on the basic white cake recipe

3 cups flour
1 tbsp baking powder
2 tsp cinnamon
½ tsp nutmeg
½ tsp ginger
1/8 tsp cloves
¾ tsp salt
½ c margarine
1 1/3 cup sugar
2 cups soymilk
1 tbsp vanilla

Cream margarine and sugar. Mix dry ingredients in alternately with soymilk into creamed mixture and beat 2 minutes. Pour into a 9x13" oiled pan and bake at 350 °F for 30 minutes or bake in a large oiled spring form pan at 325 °F for 50 minutes. Check with a cake tester to ensure that the cake is cooked through the center. Cool on a rack.

Maple syrup glaze: Heat 1 cup maple syrup with ¼ cup margarine until margarine is dissolved. Cook and additional 2 minutes on low heat. Cool in the refrigerator, stirring occasionally to allow even cooling. When syrup is cool and thick, pour over cooled cake and serve.

WHITE CAKE #2

This cake comes out a little different than the first white cake recipe. It's a little moister, and you can really taste the maple syrup in it. They're both great recipes, but sometimes one is more appropriate than the other.

1 ½ cups white unbleached flour
¾ cup pure maple syrup
2 tsp baking powder
1/4 tsp sea salt
¾ cup soy milk
2 tsp vanilla extract
¼ cup oil
1 Tbsp arrowroot (or cornstarch) powder + 1 Tbsp water
and mix well

Preheat oven to 350 °F. Oil 8"x9"cake pan or muffin tins. Stir together dry ingredients, set aside.

Blend liquid ingredients, and add to dry mixture. Beat well with a whisk or about a minute. Pour into prepared pans and bake. 25-30 minutes for an 8x8"" pan or 15-20 minutes for cupcakes, until a tester comes out clean.

TIRAMISU

I have tried to make tiramisu a half dozen ways. So far, this is the best. While it's not the real thing, its real good.

Cake:
3 cups white flour
1/3 tsp salt
1 ½ tbsp baking powder
½ cup canola oil
1 cup maple syrup
½ cup soymilk
1 cup apple juice
1 tbsp vanilla

Stir together dry ingredients, then mix in wet ingredients. Pour into two 9" spring form pans (or one pan, but you'll have to cut the cake in half later). Bake at 325 °F for 20 minutes, until tester comes out clean. Allow to cool and remove from pan.

Coffee Syrup:
½ cup strongly brewed coffee
¼ cup maple syrup
1 tbsp vanilla

Stir together the coffee syrup ingredients and set aside.

Tofu Cream Filling:
2 pounds tofu
1 cup maple syrup
¼ tsp salt
¼ cup soymilk
1 tbsp vanilla

Combine the tofu cream filling ingredients in a food processor and process until entirely smooth. You don't want any tofu chunks. To prevent this, process tofu first, then add other ingredients.

Assemble Tiramisu in a deep 9" round dish. Place one cake round in the bottom of pan. Evenly spoon half of the coffee syrup over cake. Then spread on half the tofu cream filling. Place the second cake layer on top of this. Spoon the remaining coffee syrup over the cake, then spread on the remaining tofu cream filling. Sprinkle cocoa powder or chocolate shavings over the top. Chill for at least 2 hours before serving.

WOWIE CHOCOLATE CAKE

Rumor has it that this is a depression era recipe. Since eggs and milk were expensive commodities, people came up with a recipe that didn't require these ingredients. You might even find this recipe in your grandmother's recipe book.

1 cup sugar
1 ½ cups flour
½ tsp salt
1 tsp baking soda
¼ cup cocoa
1 cup cold water
1/3 cup oil
1 tsp vanilla
1 tbsp white vinegar
½ cup semisweet chocolate chips (optional)

Preheat oven to 350 °F.

Using fork or whisk, combine dry ingredients medium sized bowl. Stir in vanilla, water, oil and vinegar. Scrape into a 8x8" baking pan, oiling the pan is not necessary.

If you are using the chocolate chips, sprinkle them over the top of the batter, then bake for 30-35 minutes or until a knife or cake tester inserted in the center of the cake comes out clean.

YELLOW CAKE

½ cup (1 stick) margarine, softened
1 cup sugar
Ener-G egg replacer equivalent of 4 eggs
½ tsp baking powder
1 3/8 cup unbleached all-purpose flour
Soy milk as needed

Preheat the oven to 325 °F. Grease the bottom only of an 8-inch square pan.

Cream the margarine with an electric mixer or by hand until smooth. Add the sugar gradually. Add the egg replacer and mix well. Add the sifted flour and baking powder and stir. If the mixture is too dry, add a few drops (up to ¼ of a cup) of soy milk.

Spread the mixture in the prepared pan and bake for 30-40 minutes. Allow the cake to cool and frost with your favorite vegan frosting, if desired.

**Easy topping suggestions: sprinkle powdered sugar over cake when cool and/or top cake with berries when serving*

Frostings

CREAM CHEESE FROSTING

2 8 oz. tubs of Tofutti cream cheese
½ cup margarine (softened)
1 cup powered sugar
1 tbsp vanilla

First, whisk margarine until smooth. Add Tofutti cream cheese; mix well. Add remaining ingredients, and whip until smooth. Spread over entirely cooled 9x13"cake.

CREAMY CHOCOLATE FROSTING

2 oz unsweetened chocolate
1 tbsp margarine
½ cup soymilk
2 c powdered sugar
½ tsp vanilla

Combine chocolate, margarine, and soymilk in a double boiler. Heat until chocolate is melted, stirring to combine ingredients. Transfer to a mixing bowl and allow to cool to a lukewarm temperature. Whisk in powdered sugar and vanilla and

PEANUT BUTTER FROSTING

½ cup margarine
2 cups powdered sugar
¾ cup peanut butter, unsweetened
1 tbsp vanilla
1 tbsp soymilk

Beat the margarine to remove any chunks. Beat in remaining ingredients until smooth. Spread over a cooled 9x13" cake.

MOCHA FROSTING

1 cup margarine
2 ½ cups powdered sugar
1-2 tbsp strongly brewed coffee, completely cooled
¼ cup cocoa powder
1 tsp vanilla

Beat margarine until smooth. Beat in sugar, cocoa powder, and vanilla. Add enough coffee to make silky, but not runny. Chill for 10 minutes before frosting cake. Spread over a cooled 9x13" cake.

RICH CHOCOLATE FROSTING

2 cups chocolate chips
¼ cup margarine
1 tbsp vanilla
2 tbsp soymilk

Melt all of the ingredients in a double boiler, stirring occasionally. When completely melted and mixed, pour over a

9x13" or large round cake. Allow to cool and harden slightly before slicing.
** for chocolate peanut butter frosting, add ¼ cup unsweetened peanut butter in double boiler*

VANILLA FROSTING

¾ cup margarine
1 ¼ cup powdered sugar
1 tbsp vanilla
1 tbsp soymilk

Beat the margarine to remove any chunks. Beat in remaining ingredients until smooth. Spread on a cooled cake.

Pies

APPLE PIE

Pare, core and slice:
6-8 Granny Smith or other tart apples
Line a 9-inch pie pan with one half Sister's Pie Crust (see below). Fill evenly with the apples, piling them higher in the center. Mix and sprinkle over the apples:

Brown or white sugar (1/2 to ¾ cup, less for sweeter apples)
¼ tsp salt
1 tbsp cinnamon
1 tsp nutmeg
If the apples are very juicy, add:
1 tbsp flour
Dot with:
1 tbsp margarine

beat until smooth and thick enough to spread. Spread over a cooled 9x13" cake.

Cover with the upper crust, fold and pinch edges of crust to close. Cut several small slits on top of crust. Bake at 350°F until the apples are tender and crust is brown (about 50-60 minutes).

BANANA TOFU CREAM PIE

Blend in order given:
2-3 ripe bananas
2 tsp pure vanilla
1 ½ tbsp lemon juice
½ cup oil
1 cup sugar
¼ tsp Salt

Add:
2 ½ cups firm tofu, enough to make mixture thick

Blend all ingredients until creamy and smooth. Use rubber scraper to help blend in the tofu. Pour the thick creamy blend into a prebaked pie shell or two 9" graham cracker crust shells and chill for 2-3 hours. Before serving, slice another banana in rounds and decorate the top of the pie.

Optional topping:
¾ cup chocolate chips or 4.5 z bar of baking choc.
½ cup margarine
½ cup sugar
1/3 cup peanut butter (unsweetened)

Combine first 3 ingredients in a double boiler and melt. When thoroughly melted and mixed, add peanut butter. Pour over top of pies and chill.

CHOCOLATE PUDDING PIE

Fool your family and friends with this recipe. No one will know it's dairy-free.

1/3 cup cocoa
¾ cup sugar
1/3 cup cornstarch
3 cups soymilk
3 tbsp margarine
1 ½ tsp vanilla

Combine all ingredients except margarine and vanilla in a medium pot. Whisk to dissolve all the ingredients and bring to a boil over medium heat, stirring constantly. Lower the heat and cover. Let cook another 5-10 minutes until thickened. Remove from heat and whip in margarine and vanilla. Pour into baked pastry piecrust or graham cracker crust and chill.

KEY LIME PIE (FROM MEG S' GRANDMA!)

1 package Mori-Nu Silken firm tofu
8 oz tofutti cream cheese
½ cup key lime juice or regular lime juice
2 tsp grated lime rind
2 packages Mori-Nu Mates Vanilla Pudding Mix
sweetener to taste (sugar or maple syrup)
1 graham cracker pie shell

Drain excess water from tofu. Blend Mori-Nu tofu with lime juice in a food processor until completely creamy and smooth. Add the rest of the ingredients and blend, again, until smooth. Pour mixture into pie shell and chill for 2-3 hours before serving.

PUMPKIN PIE

1 ½ cup soymilk
3 tbsp agar-agar flakes
½ cup + 2 tbsp unrefined sugar

2 cups pumpkin puree
pumpkin spices
pinch of salt

Set soymilk and agar-agar to soak for 5 minutes. Heat in medium sauce pan on medium-low heat until bubbling. Leave an additional 2 minutes, stirring often. Add sugar, pumpkin, salt, and seasonings to taste. Cook until mixture thickens. Spoon into unbaked pie shell. Bake for 45 minutes at 375°F. Chill to set and serve.

PB CHOCOLATE PIE

Filling:
1 box silken tofu (regular or soft)
equal amount of peanut butter (about 3/4 to 1 cup)
about 1/4 cup maple syrup (or more to taste)
pinch of cinnamon
Graham cracker pie crust

Topping:
1/4 cup peanut butter
1/2 cup vegan chocolate chips
2 or 3 Tbsp vegan margarine

Blend the tofu, peanut butter, maple syrup, and cinnamon in a food processor. Scrape filling into a graham cracker crust. In a double boiler, melt together all of the topping ingredients. Spread the topping over the pie, and refrigerate until set!

GRAHAM CRACKER CRUST

8-10 graham crackers (4 sections per cracker)
¼ cup sugar
1/3 cup margarine, melted

Place the graham crackers in a plastic bag and use a rolling pin to make crumbs. (There should be about 1 2/3 cups of crumbs). Pour the crumbs into a bowl, add the sugar and melted margarine to the crumbs, and stir well with a fork.

Pour the pastry mix into a 9-inch pie plate and, using the back of a large spoon, press the mixture into the bottom and sides of the pie plate.

To pre-bake the pie crust, preheat the oven to 375 °F . Bake the pie crust for 8 minutes, then allow the crust to cool before filling it. If using an unbaked pie shell, refrigerate the crust for 30 minutes before filling it.
Makes 1 crust

SISTER'S PIE CRUST

2 cups unbleached all-purpose flour
1 tsp salt
2/3 cup solid vegetable shortening (or cold margarine)
¼ cup cold water

Stir the flour and salt together in a bowl. Take out 1/3 cup of the flour mixture and mix with the cold water to make a past. Set this aside. With a pastry cutter or fork, cut the vegetable shortening into the remaining flour mixture until the texture becomes "pebbly". Add the paste to the flour-shortening mixture and mix until it can be shaped into a ball. Divide into 2 parts.

Lightly flour your rolling surface (a clean countertop or large wooden board) and your rolling pin. Roll one portion of the pie dough at a time. Roll from the center out, lifting the roller at the end of the dough (rather than back and forth). Roll to an 1/8- inch thickness.
Have an 8 or 9-inch pie pan ready. The rolled dough circle should be at least 2 inches larger than your pie pan. Loosen the pastry from the rolling surface, fold it in half, lift it into the pie pan, and press lightly. Trim off the excess dough with a knife. You can make a design around the edge of the pan using your fingers or a fork.

To pre-bake a pie shell, preheat the oven to 450 °F . Prick the dough along the edges and on the bottom with a fork. Line with a sheet of foil and weight the dough down with dried beans, half-filling the shell. Bake for 7 minutes. Remove the foil and dried beans, and continue baking for another 3 to 5 minutes. You may freeze the remaining dough.

**Makes 2 crusts (or one apple pie)*

Puddings

CHOCOLATE PUDDING

Fool your family and friends with this recipe. No one will know it's dairy-free.

1/3 cup cocoa
¾ cup sugar
¼ tsp salt
¼ cup cornstarch
3 cups soymilk
3 tbsp margarine
1 ½ tsp vanilla

Combine all ingredients except margarine and vanilla in a medium pot. Whisk to dissolve all the ingredients and bring to a boil over medium heat, stirring constantly. Lower the heat and cover. Let cook another 5-10 minutes until thickened. Remove from heat and whip in margarine and vanilla. Pour into bowls and chill.

TAPIOCA PUDDING

¾ cup sugar
¼ cup cornstarch
¼ tsp salt
grated rind from ½ of a lemon
3 cups soymilk

¼ cup margarine
2 tsp vanilla
½ cup tapioca pearls

Follow directions for reconstituting tapioca balls (this may have to be done the night before, unless you have the quick tapioca). Combine sugar, cornstarch, salt, soymilk, and lemon rind in a medium pot and whisk to dissolve ingredients. Drain soaked tapioca pearls and stir them into the pudding mixture. Bring to a boil over medium heat. Cover and lower heat, boiling gently for 5 to 10 minutes, until thickened. Remove from heat and stir in margarine and vanilla. Pour into bowls, chill, and serve.

VANILLA PUDDING

¾ cup sugar
¼ cup cornstarch
¼ tsp salt
3 cups soymilk
¼ cup margarine
2 tsp vanilla

Combine sugar, cornstarch, salt, and soymilk in a medium pot and whisk to dissolve ingredients. Bring to a boil over medium heat. Cover and lower heat, boiling gently for 5 to 10 minutes, until thickened. Remove from heat and stir in margarine and vanilla. Pour into bowls, chill, and serve.

Cookies and other things you eat with your fingers

ALMOND CHOCOLATE CHIP BLONDIES

1 ½ cups flour
1 tsp baking powder
½ tsp salt
2/3 cup silken tofu, firm or extra firm

FIG BARS

prepare dough before fig filling to allow time for it to chill. You can prepare it ahead of time and store it either in the fridge or freezer

Dough:
1 ½ cup margarine
2 tbsp liquid lecithin (or substitute with oil)
¾ cup sucanat (or substitute with unrefined sugar)
¾ cup cold water
2 tbsp vanilla
3 cups whole wheat pastry flour
2 cups white flour

In a large mixing bowl, combine margarine, lecithin, and sucanat/sugar, and cream using an electric mixer. Mix in the vanilla and water. Add the flours and mix to blend all of the ingredients thoroughly. Work the dough well and add water slowly if needed to form a dough that will hold together when rolled out. Freeze dough for 30 to 90 minutes before using it or chill overnight.

Filling:
4 cups water
3 cups finely chopped whole dark figs
2 tbsp cornstarch or arrowroot dissolved in 2 tbsp cool water
2 tbsp vanilla extract
1 tsp ground cinnamon

In a medium size pot, simmer water over medium heat. Add figs and cook about 10-15 minutes, or until they are almost a thick paste. It is helpful to use a potato masher. Stir constantly to prevent burning. Add cornstarch or arrowroot mixture and cook until thickened. Remove from heat and add vanilla and cinnamon. Set filling aside.

Preheat oven to 350°F. Oil a 9x13" baking pan. Roll out ½ the dough slightly larger than the bottom of the pan so that the

dough will cover about ½" of the sides. Place dough in pan and spread in the fig filling. Roll out the remaining ½ of the dough to fit on top of the filling. Press dough slightly into the filling. Bake for 30 to 40 minutes until top is golden. When it has cooled, cut into bars. You can store wrapped bars in the freezer.

GINGER SNAPS

2 ½ cups flour
1 tsp baking powder
1 tsp baking soda
½ tsp salt
¾ cup maple syrup
¼ cup molasses
½ cup oil
5 tbsp finely grated ginger

Preheat oven to 350°F. In large bowl, stir together flour, baking powder, baking soda and salt. Add the remaining ingredients. Stir until "just mixed". Scoop portions onto lightly oiled cookie sheet and bake 12-15 minutes.
**add extra flour to firm up batter for rounder, thicker cookies*

GLAZED ORANGE ROLLS

The dough can be made in advance and refrigerated. Just be sure to let the dough come to room temperature before rolling out.

Dough:
1 tbsp active dry yeast
1 tsp + ¼ cup sugar
¼ cup lukewarm water
½ cup water
¼ cup canola oil
¼ cup orange juice
3 ¾ to 4 cups flour
1 tsp salt

Filling:
¼ cup margarine
¼ cup sugar
2 tbsp fresh grated orange peel

Glaze:
2 cups powdered sugar
¼ cup fresh squeezed orange juice

In a small bowl, dissolve yeast, 1 tsp sugar, and lukewarm water. Set aside until foamy, about 10 minutes.

In a medium bowl, mix ¼ cup sugar, oil, orange juice, and ½ cup water. Set aside.

In a food processor, combine 3 ¾ cups flour and salt. Add yeast mixture and orange juice mixture, and process until dough forms a ball. Pulse on/off 4 to 5 times, until dough looks silky. If dough is sticky, add more flour, 1 tbsp at a time. Put dough into a lightly oiled bowl, turning to coat. Cover with plastic wrap, or a clean, damp towel, and let rise in a warm, draft-free place until doubled in size, about 1 hour.

Punch down dough, and turn out onto a lightly floured surface. Using a lightly floured rolling pin, roll dough into a rectangle, approximately 14x9 inches. Spread margarine over dough, leaving a ½ inch border on all sides. Sprinkle sugar and orange peel over margarine. Starting with long edge, roll dough into a spiral, jelly roll style. Pinch edges together to seal. Cut roll into 12 slices. Place slices on a well-oiled baking sheet. Cover rolls with oiled plastic wrap, and let rise in a warm, draft-free place until the rolls are almost doubled in size, about 30 minutes.

Preheat oven to 350°F. Uncover rolls and bake until light golden brown, about 20 minutes. Remove pan from oven, and allow to slightly cool. Combine powdered sugar and orange juice for glaze. Drizzle over rolls and serve warm.

OATMEAL RAISIN COOKIES

½ cup margarine
1/3 cup oil
1 cup brown sugar, packed
1 cup granulated sugar
1/3 cup soymilk
2 tsp vanilla
2 ½ cups flour
1 tsp baking powder
1 tsp baking soda
1 tsp salt
2 cups rolled oats
½ cup raisins

Cream margarine and oil together, then cream in the sugars. Add soymilk and vanilla. Beat until smooth. Beat in flour, baking powder, soda, and salt. Add oats and raisins and mix well. Scoop out the amount of dough you want with your hands and pack tightly into a ball. Flatten the balls on an oiled cookie sheet and bake for 350°F for 15 minutes, until slightly browned.

PEANUT BUTTER COOKIES

½ cup margarine, softened
1 cup peanut butter, unsweetened
1 cup maple syrup
½ tsp vanilla
2 cups flour
½ tsp salt
2 tsp baking powder

Beat the margarine until smooth. You want to get rid of any lumps before adding the next ingredients. Cream the peanut butter into the margarine. Add remaining liquid ingredients, mix, then mix in dry ingredients. Roll dough into a ball. If it doesn't

keep its shape, add more flour. Roll dough into inch size, or larger, balls and place on an oiled cookie sheet 2 inches apart. Dip a fork in water and use it to flatten the cookies, making a crisscross pattern. Bake at 375°F for 15 minutes. Serve cooled or warm.

VEGAN TRUFFLES

These are amazing. You'll be addicted after the first bite.

1 1/2 cups chocolate chips
8 oz. tofu cream cheese
3 cup powdered sugar
1 1/2 t. vanilla
Garnishes: finely ground nuts, cocoa powder, toasted unsweetened shredded coconut

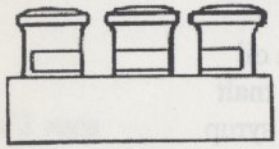
Place the chocolate chips in the top of a double boiler, over medium heat, and leave to melt. In a food processor, place the vegan cream cheese, and process for 1 minute or until smooth and creamy. Add half of the powdered sugar and process for 30 seconds. Add the remaining powdered sugar and continue to process the mixture until well blended. Add the melted chocolate chips and vanilla, and process the mixture to evenly distribute the melted chocolate.

Transfer the mixture to a glass bowl, cover, and place in the refrigerator to chill for 1 hour. Using your hands, shape the chilled mixture into 1-inch balls. Roll the balls in the garnishes of choice to thoroughly coat them on all sides. Store in the refrigerator or freezer.

**Variation: the truffle mixture can be flavored with liqueur, as well. Divide the truffle mixture into thirds and add 1 T. liqueur of choice (such as: almond, hazelnut, coffee, rum, brandy, orange, raspberry, etc.) to each third of the truffle mixture, respectively, and mix well before chilling the truffle mixture. Then shape into balls and roll each type of liqueur-flavored truffles in one of the garnishes to distinguish among the various flavor combinations.*

Muffins

BASIC MUFFINS



1 ½ cup whole wheat flour
1 ½ cup white flour
1 tbsp baking powder
1 tsp baking soda
½ tsp salt
1/3 cup canola or vegetable oil
½ cup maple syrup
¼ cup flaxseeds
½ cup water
½ cup soy milk
½ cup apple juice (or just 1 c soy milk)
1 cup fresh fruit or ¾ cup dried fruit
½ cup seeds, nuts, or chocolate/carob chips
optional: 1-2 tsp spices according to type of muffin

Preheat oven to 350°F. In a large bowl, combine the flours, baking powder, baking soda, and salt. Mix well. In a blender, blend flaxseed into a coarse meal. Add water and blend for about 1 minute until thick and gooey. Add remaining liquids and blend for another minute. Combine with dry ingredients and stir until "just mixed". Fold fruit/nuts/etc in with a spoon. Spoon into oiled large muffin tins, filling ¾ to the top. Bake for 25-30 minutes or until tester comes out clean. Let muffins cool slightly before removing them from tins with a rubber spatula (knives will scratch up and wear out your muffin tins).

Suggestions for fruit/nut and spice combinations:
Blueberries & sunflower seeds
Banana & chocolate chips
Banana & walnuts
Mango, cashews, & ginger
Apple with cinnamon, nutmeg, & ginger
Dried cranberries with ginger
Dried apricots with cashew, & ginger

CHOCOLATE CHIP MUFFINS

1 cup whole wheat flour
2 ½ cups white flour
½ tsp salt
½ cup canola oil
½ cup barley malt
½ cup maple syrup
½ cup soymilk
1 cup apple juice
1 cup chocolate chips

Stir together the dry ingredients in a large mixing bowl. Add in wet ingredients and mix well. Fold in chocolate chips. Oil your choice size of muffin tins. Spoon muffin mixture into muffin wells, filling ¾ to the top. Bake at 325°F for 25-30 minutes, until tester comes out clean.

PUMPKIN MUFFINS

1 ½ cup whole wheat flour
2 cups white flour
½ tsp salt
2 tbsp baking powder
½ cup canola oil
1 cup maple syrup
½ cup soymilk
1 cup apple juice
1 cup pumpkin puree
1/3 cup chopped walnuts

Stir together the dry ingredients in a large mixing bowl. Add in wet ingredients and mix well. Fold in walnuts. Oil your choice size of muffin tins. Spoon muffin mixture into muffin wells, filling ¾ to the top. Bake at 325°F for 25-30 minutes, until tester comes out clean.

UNBEATABLE CORN MUFFINS

1 cup cornmeal
1 cup unbleached all-purpose flour
2 ½ tsp Baking powder
1 cup soymilk
1 tsp salt
Ener-G egg replacer equivalent of 2 eggs
2 tbsp margarine melted

Preheat over to 400 °F. Oil muffin pans. Combine and sift dry ingredients together. Stir in remaining ingredients. Spoon into oiled muffin pan (fill each well ¾ full). Bake for 20 minutes, until tester comes out clean.

Quick Breads

BANANA BREAD

2 cups flour
1 ½ tsp baking powder
½ tsp baking soda
1/3 cup margarine
¾ cup brown sugar
1 cup bananas, mashed (about 2)
3 tbsp soymilk
1 tsp vanilla

Preheat oven to 350°F

Cream the margarine and sugar in a large bowl. Stir in mashed bananas and liquids. Stir dry ingredients together in a bowl and add to banana sugar mixture. Mix together until consistent. Fold in ½ cup chopped nuts if desired. Pour dough into oiled loaf pan. Bake 45-50 minutes, until tester comes out clean.

BLUE CORN BREAD

2 ¼ cups blue cornmeal
2 ¼ cups white flour
2 ½ tbsp baking powder
¼ cup sugar
1 tbsp salt
3 cups soymilk
1/2 cup oil
1 tbsp grated lemon peel

Heat oven to 375°. Oil a 9x13" baking pan. Mix dry ingredients in a large bowl. Stir remaining wet ingredients and mix well, but don't over mix. Add a little more soymilk if too thick. Pour into prepared pan and bake for 30 minutes or until done and slightly golden.

CRANBERRY BREAD

A vegan version of the traditional holiday bread! This bread is moist and full of flavor.

1 orange
water
2 tbsp margarine
Ener-G egg replacer equivalent of 1 egg
1 cup sugar
1 cup cranberries, chopped
½ cup walnuts or pecans, chopped
2 cups flour
½ tsp salt
½ tsp baking soda

First, grate the rind of the orange and set aside. Now juice the orange and add enough water to make ¾ cup of liquid. Add the grated rind and margarine, stir to melt.
Beat together the egg replacer in a large bowl with the sugar. Stir in the chopped cranberries and nuts. Now add the

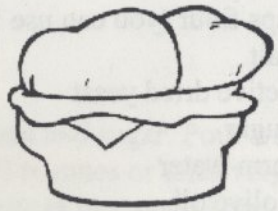
flour, salt, and baking soda. Mix well. Spoon into an oiled loaf pan and bake at 325°F for 1 hour, until tester comes out clean.

SWEET BISCUITS

2 ½ cups flour
¼ cup sugar
2 tsp baking powder
¾ cup margarine
1 cup soymilk

Preheat oven to 400°F. In a large bowl, sift together dry ingredients. Stir in the margarine and milk. Mix together until batter is even- don't over mix. Spoon into muffin tins or onto a baking sheet. Bake for 12-18 minutes.
Makes 8 biscuits.

QUICK BISCUITS



2 cups flour
1 tbsp baking powder
¾ tsp salt
4 tbsp margarine
¾ -1 cups sour soymilk (soymilk + 1 tsp vinegar)

Preheat oven to 425°F. In a large bowl, sift together the dry ingredients. Add the margarine and sour milk. Mix together until batter is even- don't over mix. Spoon into muffin tins or onto a baking sheet. Bake for 12-18 minutes.
Makes 6 biscuits.

ZUCCHINI BREAD

2 cups flour
1 ½ tsp baking powder
½ tsp baking soda
1/3 cup margarine

¾ cup brown sugar
1 cup grated zucchini, with water squeezed out
3 tbsp soymilk
1 tsp vanilla

Preheat oven to 350°F.

Cream the margarine and sugar in a large bowl. Stir in grated zucchini and liquids. Stir dry ingredients together in a bowl and add to zucchini sugar mixture. Mix together until consistent. Fold in ½ cup chopped nuts if desired. Pour dough into oiled loaf pan. Bake 45-50 minutes, until tester comes out clean.

Yeast Breads

FOCCACIA

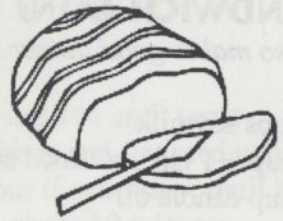
2 ¾ cups flour (you can use ½ whole wheat ½ white if you prefer)
1 tsp salt
1 tsp active dried yeast
1 tsp sugar
¾ c warm water
1 tbsp olive oil
1 tsp crushed dried rosemary
about 18 pitted green olives
course sea salt

In a small bowl, combine yeast, sugar, and water. Leave until frothy, about 5 minutes. Add flour, oil, and salt. Mix to a soft dough. Knead on a floured surface for about 10 minutes until smooth. Place in a greased bowl and cover with a damp towel. Let rise in a warm place for 45 minutes, or until dough has doubled in size.

Punch down dough and knead dough with crushed rosemary. Place dough in center or an oiled pan and press out to shape with your knuckles. Prick all over with a fork. Press olives into dough. Brush with olive oil and sprinkle with salt. Bake at 425°F until crisp and golden.

**Variation: omit olive and spread freshly sliced plum tomatoes over bread before baking.*

SUN DRIED TOMATO OLIVE LOAF



1 tbsp active dry yeast
3 tbsp unbleached cane sugar
1 1/4 cups warm water
8 sun-dried tomatoes, snipped into small bits with scissors
4 cups unbleached flour
2 tsp salt
2 tsp dried basil
2 tsp dried oregano
1 1/2 tsp garlic powder
1 tsp dried parsley
1/2 cup black olives, chopped
3 tbsp olive oil
cornmeal

In a small bowl, stir together yeast and sugar. Pour warm water over the yeast and set aside for 10 minutes or until very foamy. Meanwhile place sun-dried tomatoes in a small bowl, cover with hot water, and set aside to rehydrate for 10 minutes. In a large bowl, combine flour, salt, and herbs. When the yeast mixture is foamy, add it, the rehydrated sun-dried tomatoes, and the remaining ingredients to the flour mixture. Stir well with a spoon, and use your hands to form into a ball of dough.

Turn dough out onto a floured surface and knead until smooth and elastic, about 5 minutes. Place a little olive oil in a bowl, give dough a twist in the bowl, turn over so the greased side is on top, cover, and leave to rise in a warm place for 1 hour or until doubled.

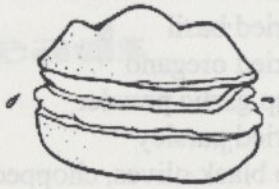
Punch dough down and knead for a minute on a floured surface. Roll dough into a large rectangle, starting on the shorter side of the rectangle, roll dough up like a jelly roll cake, tuck in the ends, and pinch the seam to seal. Sprinkle a little cornmeal on to a

cookie sheet. Place shaped loaf, seam side down, on the cookie sheet, cover, and leave to rise in a warm place for 45 minutes or until doubled. Using a sharp knife, carefully cut a few diagonal slashes over the top of the loaf. Bake at 425°F for 25-30 minutes or until golden brown and sounds hollow when tapped on the bottom. Cool before cutting.

SANDWICH BUNS (AMELIA'S VERSION)

**also makes good dinner rolls*

2 cups soymilk
¼ cup + 1 tsp unrefined sugar
¼ cup canola oil



¼ cup warm water
2 tbsp dry active baking yeast
2 cups bread white flour
2 ½ cups whole wheat bread flour
½ cup flaxmeal
1 tsp salt

Scald soymilk in medium sized pot on stove (heat until its about to boil). In a medium sized mixing bowl, mix ¼ cup sugar, ¼ cup oil and heated soymilk. Allow to cool. In large bowl, mix yeast, warm water and remaining tsp of sugar. When soymilk mixture has cooled to a lukewarm temp (between 85-110°F), add to yeast mixture. Add 2 cups white flour and mix well to develop gluten and create a smooth paste. Add flaxmeal and 2 cups WW flour. Stir with spoon to mix. Knead, adding flour if necessary, until ball of dough is uniform and no longer sticky.

Separate into slightly smaller than fist sized balls and place on oiled baking sheet. Separate into smaller balls for dinner rolls. Let rise in a warm place (i.e. inside gas stove lit only by pilot or electric oven which has been heated to 150°F and then shut off) for 30 minutes. Bake in oven at 375°F for 20 minutes. Serve warm or cooled.

SANDWICH BUNS (SPENCER'S VERSION)

2 cups warm water
1 tbsp dry active yeast
2 tbsp sugar
pinch of salt
2 cups whole wheat bread flour
2 cups white bread flour
½ flaxmeal

Place water, yeast, sugar, and salt in bowl until yeast foams, about 5 minutes. Gradually add flours and flaxseed until you have a soft dough. Knead, adding flour if necessary, until ball of dough is uniform and no longer sticky, about 10 minutes.

Separate into slightly smaller than fist sized balls and place on oiled baking sheet. Let rise in a warm place (i.e. inside gas stove lit only by pilot or electric oven which has been heated to 150°F and then shut off) for 30 minutes. Bake in oven at 375°F for 20 minutes. Serve warm or cooled.

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